



Cauliflower and chickpea soft tacos with roasted cherry tomato salsa and avocado and coconut yoghurt



DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 30 MINS



SERVES: 4

Ingredients

1 small cauliflower, cut into small florets
400g can chickpeas, drained
1 tsp garlic powder
1 tsp onion powder
1 tsp ground cumin
1 tsp ground coriander
½ tsp chilli flakes
1 tbsp olive oil
Salt and pepper

Roasted cherry tomato salsa
2 punnets cherry tomatoes
1 clove garlic, chopped
1 tsp chilli flakes
1 tsp smoked paprika
½ tsp salt

Method

Preheat oven to CircoTherm 200°C and place wire rack on shelf level 1. Line the universal tray with baking paper.

In a large bowl place the cauliflower, chickpeas, spices and olive oil. Toss well to combine. Spread out in a single layer on the universal tray and season with salt and pepper.

Place cherry tomatoes in a small baking dish. Add garlic, smoked paprika, chilli flakes, salt and oil. Toss to combine.

Wrap tortillas in aluminium foil.

Place cauliflower and chickpeas in the oven on shelf level 3 and tomatoes on the wire rack. Cook for 10 minutes. Remove tomatoes and allow to cool on the bench. Stir the cauliflower and chickpeas and continue cooking for a further 10 minutes.

Place the tortillas on the wire rack, stir the cauliflower and chickpeas and continue cooking for another 10 minutes.

1 tbsp olive oil

8 tortillas

Avocado and coconut yoghurt

1 large avocado

½ cup coconut yoghurt

Zest of 1 lime

2 tsp lime juice

½ cup roughly chopped coriander leaves

Salt and pepper

1 cup finely shredded cabbage

1 tbsp vegan aioli

100g grated vegan cheese

While the cauliflower and chickpeas are cooking, make the avocado and coconut yoghurt and cabbage salad. Place the avocado in a small bowl and mash with a fork, stir through the yoghurt, zest, juice and coriander. Season well with salt and pepper. Toss the shredded cabbage with the aioli.

To serve, spread avocado and coconut yoghurt on to a tortilla. Top with cabbage and cauliflower and chickpeas. Spoon on the salsa and top with cheese.

Notes
