

Cauliflower heads with candied lemon and paprika grilled chickpeas - Virtual Workshop Version

Recipe for 2



Description

Get ready to discover a crunchy salad on every level !

Note

You can use corn flour instead of chickpea flour

Ingredients

Cauliflower

- 0.25 Unit(s) Cauliflower
- 1 Unit(s) Preserve lemon
- 1 Unit(s) Lemon juice
- 1 Tbsp Dijon mustard
- 1 Tsp Honey
- 1 Unit(s) Green onion
- 2 Sprig(s) Fresh cilantro

- Salt and pepper
- Olive oil

Chickpeas

- 0.50 Can(s) Chick peas (540 ml)
- 1 Tbsp Chick peas flour
- 1 Tsp Smoked paprika
- 1 Tsp Garlic powder

- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

To prepare before class

Ingredients

Make sure all of your ingredients are measured and ready, strain your chickpeas and turn on your oven to 400F.

Material

2 mixing bowls, 1 chef knife, 1 cutting board, 1 baking sheet and 1 frying pan.

Cauliflower

In a hot pan with a dash of olive oil, cook the florets with a pinch of salt.

Mix 3 or 4 times and deglaze with 100 ml of water.

Remove from heat and add the mustard, olive oil, honey and lemon juice and mix well.

Season to taste and mix in the candied lemon.

Chickpeas

Pour the peas in a large bowl and add flour, olive oil, paprika, garlic and salt. Mix well to cover all the peas.

Pour the peas on a baking tray covered with cooking paper and bake in the oven for 30 minutes.

Plating

In a bowl, mix together the cauliflower florets and the chickpeas. Put in serving bowls and garnish with fresh cilantro leaves.

Bon appétit!