

Roasted cauliflower, green apple, cucumber, yogurt with fresh herbs and sunflower seeds |

Recipe for 4 servings

Description

Fresh salad with oven roasted cauliflower, green apples and cucumber, served with a fresh herb yogurt!

Note

For a fun twist on the same dish, you can add fennel, celery or cabbage to change things up!

Ingredients

Salad

- 250 Gr Cauliflower
- 200 Gr English cucumber
- 1 Unit(s) Granny smith apple
- 0.50 Unit(s) Lemon
- 1 Pinch(es) Espelette pepper

- Salt and pepper
- Olive oil

Yogourt

- 125 Ml Plain yogurt 2%
- 5 Sprig(s) Dill
- 5 Leaf(ves) Basil
- 10 Sprig(s) Chives

- Salt and pepper
- Olive oil

Garnish

- 4 Tbsp Sunflower seeds
- 4 Unit(s) Radish

- Salt and pepper
- Olive oil

Preparation

- Preparation time **40 mins**
- Preheat your **four** at **400 F°**

Preparation

Clean and prepare the cauliflower in little florets. Cut the cucumber and apples into small cubes. Zest and juice the lemon. Finely chop all of the herbs and add them to the yogurt, mix gently. Roast the sunflower seeds in the oven for 3 minutes. Finely slice the radishes with the help of a mandolin and place them in ice cold water.

Salad

Toss the cauliflower florets with olive oil and season with salt and pepper. Bake in the oven for about 30 minutes, or until they have a nice color. Set aside. Once cooled, combine with the green apple and cucumber. Season with the lemon and Espelette pepper.

Plating

Start by nicely spreading the yogurt on the bottom of the plate. With the help of a ring mold, plate the salad next. Garnish the dish with the radish slices and sunflower seeds.

Bon appétit!