



Everything But The Chef

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## Harissa Cauliflower Steaks with Smashed Chickpeas

**Biff! Bop! Blam!** Hero Harissa to the rescue! We've dressed up cauliflower with a cape of this delicious paste - and what a superhero dinner it creates! Smashing chickpeas, conquering pumpkin, and backed up by it's friends zesty lemon, herby parsley and cool yoghurt - you'll be cheering for this scrumptious, spicy superstar all the way to the final bite.

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- spicy**
- high fibre**
- diabetes friendly**

### Pantry Items



Olive Oil



Harissa Paste



Cauliflower



Butternut Pumpkin



Brown Onion



Garlic



Cumin



Chickpeas



Lemon



Parsley



Yoghurt

2P	4P	Ingredients	
1 tub	2 tubs	harissa paste	
1 ½ tbs	3 tbs	olive oil *	
½ head	1 head	cauliflower, cut into 1 cm thick steaks	A
1 portion	2 portions	butternut pumpkin, peeled & cut into chunks	
1	2	brown onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tsp	2 tsp	cumin	
1 tin	2 tins	chickpeas, drained & rinsed	
½	1	lemon, juiced	⊕
½ bunch	1 bunch	parsley, finely chopped	⊕
½ tub	1 tub	yoghurt	⊕

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	1870	Kj
Protein	17.2	g
Fat, total	23.3	g
-saturated	4	g
Carbohydrate	35.3	g
-sugars	19.8	g
Sodium	248	mg

### Measuretool

0 cm	1 cm	2 cm



**You will need:** chopping board, chef's knife, garlic crusher, small bowl, 2 oven trays lined with baking paper, and a medium frying pan.

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Combine the **harissa paste** and a third of the **olive oil** in a small bowl. Rub the **cauliflower steaks** with the harissa paste and place on one lined oven tray. Toss the **butternut pumpkin** with half of the remaining olive oil, season with **salt** and **pepper** and place on the remaining lined tray. Cook both trays in the oven for **30 minutes** or until the cauliflower steaks are tender.



**3** Meanwhile, heat the remaining olive oil in a medium frying pan. Add the **brown onion** and cook for **3 minutes** or until soft. Add the **garlic** and **cumin** and cook until fragrant. Add the **chickpeas** and cook for **3-4 minutes** or until they start to brown a little. Add the **lemon juice** and **parsley** and then remove from the heat. Add the roast pumpkin to the pan and, using a fork, roughly smash the pumpkin and chickpeas. Season to taste with salt and pepper.



**4** To serve, divide the chickpea smash between plates and top with the harissa cauliflower steaks. Dollop with the **yoghurt**.



**Did you know?** Cauliflower is not only low in cholesterol, but is a good source of vitamin B6, Folate and Potassium.