



CAULIFLOWER, CRISPY CHICKPEA, TUNA & COUS COUS SALAD



INGREDIENTS:

Half a cauliflower, florets removed, leaves & stem saved
240g can of chickpeas (drained, washed and dried)

185g tinned tuna (drained)
200g couscous

200g cherry tomatoes cut in half
Olive oil

PICKLE:

Cauliflower stem & leaves, thinly cut (approx. 1cmx1cm and as thin as possible)

225ml white vinegar
175ml water

1 tsp white sugar
1 tsp table salt

UTENSILS:

Measuring jug
Teaspoon measure
2 x roasting pans

Sieve
Chopping board
Knife

2 x saucepans
1 x lid
2 x medium mixing bowls

1 x large mixing bowl
Kettle

METHOD:

1. Preheat oven to 200 degrees.
2. Toss the cauliflower florets in around a tsp of olive oil, and then transfer to a lined baking tray.
3. Sprinkle a pinch of salt over the cauliflower, then bake in the oven until golden and cooked through, approx. 35-40 minutes.
4. Toss the chickpeas in around a tsp of olive oil, and then transfer to a lined baking tray.
5. Sprinkle a pinch of salt over the chickpeas, and then bake in the oven until golden brown and crispy. (But not completely dehydrated inside). Approx. 30 minutes.
6. While the chickpeas and cauliflower cook, make the pickle. Combine the white vinegar, water, salt and sugar in a saucepan and bring to the boil. You can add any herbs or spices to the pickle to add extra flavour if you wish. (Examples of things which work great are peppercorns, bay leaves, coriander seeds and cumin).
7. Place the cauliflower stem and leaves into a non-metal container then pour over the pickling liquid and allow to cool to room temperature. This will keep sealed in the fridge indefinitely.
8. Cook the couscous as directed on the packet, then stir through a tsp of olive oil with a fork, breaking up the individual grains and 'fluffing' the couscous.
9. Scoop the pickle from the pickling liquid, then in a large mixing bowl combine the drained pickle, roasted cauliflower, roasted chickpeas, tuna, couscous and tomatoes. Stir well to combine and serve.