Jolie Cauli salad wrap

Description

Apparently it’s cauliflower season here in my house, because this versatile vegetable keeps on coming back on the table. This time in another BLF favorite, salad wrap. Endless stuff you can put in a salad leaf, just ask people from Korea. Also try this non vegetarian Korea inspired salad wrap, the Ko-rito.

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Ingredients

- Cauliflower
- Red onion
- Red chili
- Iceberg lettuce or chinese cabbage
- Rocket lettuce
- Roasted almonds
- Mint
- Cilantro

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- Tahini dressing

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Directions

- Cut onion in half and cut in very thin slices
- Cut the red chili in small slices. Depending on how spicy you like your food, also add some seeds for extra spice
- Cut the cauliflower in flat florets and fry them in a layer of olive oil until crispy golden brown
- Roast the almonds in a separate dry frying pan
- Make the tahini dressing, but add a tbsp more tahini to make it bit thicker
- Take the herbs of their stalks
- Take a big iceberg salad leaf or chinese cabbage leaf. Add a handful of rocket salad, the herbs, the onion, the chili and the fried cauliflowers. Top with dressing, roll up, and dig in!

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