

Jolie Cauli salad wrap

Description

Apparently itâ€™s cauliflower season here in my house, because this versatile vegetable keeps showing up on the table. This time itâ€™s in one of those wonderfully simple salad wraps: crunchy leaves, spicy cauliflower, herbs, and tahini dressing. These little salad wraps are a great way to tuck bold fillings into crisp leaves, in the spirit of Korean-inspired lettuce wraps. Also try the non-vegetarian sister recipe, the Ko-rito.

BLF Score

BLF Balance

6.0

BLF Flavour

8.5

BLF Easy

7.5

MAKE IT MORE BALANCED

- Add 1 cup cooked chickpeas, lightly seasoned and folded into the cauliflower filling. **(+1.5)**

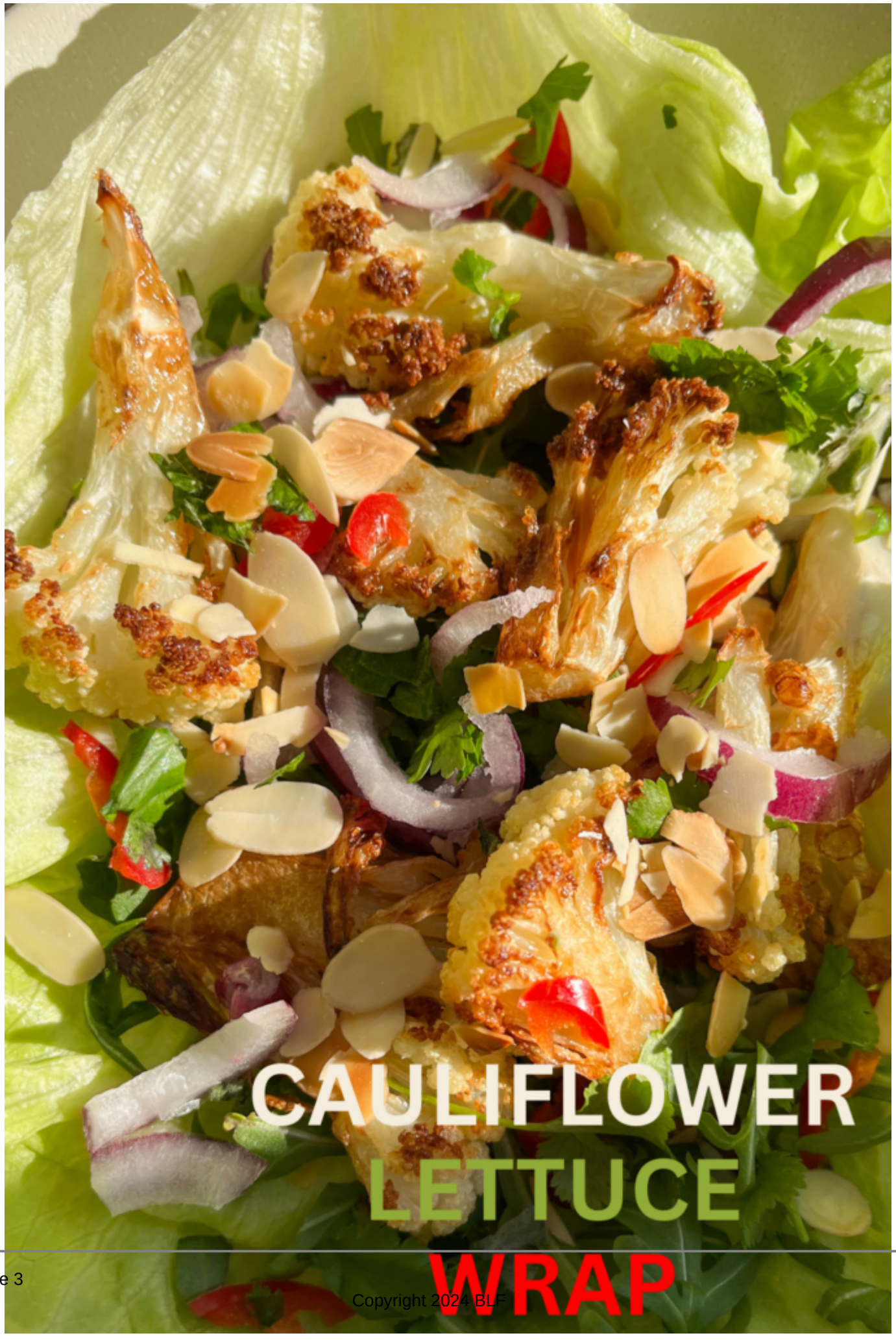
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- Serve the wraps with a side of warm brown rice or quinoa. **(+0.5)**
- Add sliced avocado to the filling or as a topping. **(Flavour boost)**

Useful to know

Best eaten straight after assembling so the lettuce stays crisp. You can prep the cauliflower, onions, herbs, and dressing ahead of time, then build the wraps just before serving.

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Ingredients

- 1/2 Cauliflower
- 1 Red onion
- 1 Red chili
- 1/2 Iceberg lettuce or chinese cabbage
- 50 gr Rocket lettuce
- 10-12 Roasted almonds
- Handful Mint
- Handful Cilantro
- 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
- Arrange the lettuce leaves on a plate, then fill each leaf with the cauliflower, onion, chili, herbs, and toasted almonds. Drizzle over the tahini dressing and fold or roll up the leaves to serve.

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