

Roasted cauliflower with spicy lentils

Serves 4



Ingredients

Cauliflower, Raw 400 g	Coriander, Dried 1 teaspoons, level
0% fat natural Greek yogurt 125 g	Chilli flakes ½ teaspoons, level
Harissa Paste 1 tablespoons	Tinned Tomatoes 1 can(s), large
Calorie controlled cooking spray 4 spray(s)	Green or Brown Lentils, dry 240 g
Red onion(s) 1 small, finely chopped	Vegetable stock cube(s) 1 cube(s), 1 litre stock
Carrots, raw 1 medium, finely chopped	Spinach 150 g, young leaf
Garlic 2 clove(s), finely chopped	Light Feta Cheese 75 g
Ground Cumin 1 teaspoons, level	

Instructions

1. Preheat the oven to 200°C, fan 180°C, gas mark 6. Remove the outer leaves from the cauliflower and slice the bottom so it sits flat, then put it in a small roasting dish.
2. Mix together the yogurt and harissa, then spread it over the cauliflower. Cover the roasting dish with a large sheet of foil and put in the oven to roast for 1½ hours, removing the foil for the final 30 minutes.
3. Meanwhile, mist a large nonstick frying pan with cooking spray. Fry the onion and carrot for 5-6 minutes, or until they start to soften. Add the garlic and continue to cook for a further 2 minutes. Stir in the spices and cook for a further 1 minute. Add the tomatoes, lentils and 1 litre vegetable stock and bring to the boil. Reduce to a simmer. Simmer for 20 minutes, or until the liquid has reduced and the lentils are cooked. Turn off the heat and add the spinach. Cover and wait for the spinach to wilt, then give it a stir and season to taste.
4. Crumble the feta cheese over the lentils, then serve with the roasted cauliflower.



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