

Curried Cauliflower and Egg Salad in Lovely Lettuce Cups

Ingredients:

½ head of cauliflower, cut into small floretes

1 table spoon curry powder

1 table spoon coconut oil

Salt and pepper

1 tea spoon Dijon mustard

½ cup aioli

8 hard boiled eggs, peeled and chopped

1 handful parsley, chopped

2 teaspoons olive oil plus extra to serve

1 basket lettuce leaves, washed and spun

Lemon wedges to serve

What to do:

- 1) Preheat oven to 200c and line a baking tray with baking paper.
- 2) In a large bowl, combine cauliflower, curry powder and oil.
- 3) Season with salt and pepper and arrange in single layer over prepared tray.
- 4) Roast for 17-20mins, tossing half way through.
- 5) Mix mustard and aioli in a small bowl.
- 6) Mix cauliflower, egg, parsley, olive oil and aioli in a large bowl.
- 7) Arrange lettuce cups amongst serving ware and fill cups with scoops of cauliflower and egg.
- 8) Serve with a drizzle of olive oil and lemon wedges.