

# Italian Cauliflower Salad

## Ingredients:

- 1 cauliflower, cut into bite sized pieces
- 3 table spoons sunflower oil
- 5 cloves garlic, finely chopped
- 1 chilli, finely chopped
- 40g baby caper, rinsed and patted dry
- 90g olives, pitted and chopped
- 1 small bunch parsley, washed and chopped
- 1 handful fresh oregano, washed and picked
- 2 table spoons red wine vinegar
- 2 table spoons olive oil
- 1 bunch basil, washed and chopped

## What to do:

- 1) Preheat oven to 200c. Line a baking tray with baking paper.
- 2) Put a large pot of water on to boil. Blanch cauliflower for 2 mins until tender but still crunchy.
- 3) Drain and set aside.
- 4) Drizzle cauliflower with 1 table spoon olive oil and toss to coat.
- 5) Arrange cauliflower on tray and season with salt and pepper.
- 6) Roast cauliflower for 10mins.
- 7) Heat remaining oil in a frying pan and cook garlic and chilli until they start to colour.
- 8) Add capers and olives to the pan.
- 9) Remove pan from the heat and stir in parsley oregano and vinegar.
- 10) Combine with cauliflower and add an extra drizzle of olive oil if needed, taste the salad, season and serve.
- 11) Scatter over torn basil leaves.

