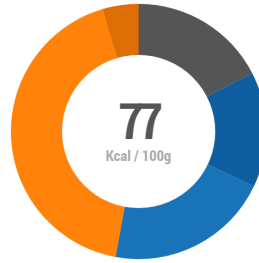


# Aloo gobi style salad (website)

OVERVIEW ...



CALORIES:

**35.4% Carbs**

**17.5% Protein**

**47.1% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



MUSTARD SOYA SULPHITES

MAY CONTAIN:



HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

PEANUTS CELERY SESAME

OTHER PROPERTIES:



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

450541 Cauliflowers..

CAULIFLOWERS

**BRAKES 70g**

*unchanged*

153391 The Kitchen Spicy Chickpea & Mediterranean Vegetable Salad.....

**153391** SPICY CHICKPEA & MEDITERRANEAN VEGETABLE SALAD

**BRAKES 70g**

**0.07 x Each**

*unchanged*

33586 Sysco Classic Ground Turmeric..

GROUND TURMERIC

**BRAKES 2g**

*N/A*

35002 Sysco Classic Garam Masala.. - BRAKES

**35002** GARAM MASALA

**BRAKES 2g**

*N/A*

118561 Alpro Plain Yoghurt Alternative 500g..

YOGHURT

**BRAKES 15g**

*unchanged*

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion..

PICKLED SWEET & SOUR RED ONION

**BRAKES 5g**

*unchanged*

113881 Herb Bunched Flat Leaf Parsley..

PARSLEY FRESH DIRECT

BRAKES 2g

N/A

74817 Pomegranate Seeds..

POMEGRANATE SEEDS

BRAKES 5g Each

unchanged

114218 Lemons.. - BRAKES

114218 LEMONS FRESH DIRECT

BRAKES 77g ½ x Each

unchanged

PRODUCTS / PACK SIZES ...

### 1 Serving



🕒 248g / 205kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Prepare the cauliflower into bite size pieces/florets  
Chop the parsley

##### Method:

1. In a bowl mix together the alpro with the turmeric and garam masala.
2. Roll the cauliflower through the alpro mix and coat well.
3. Transfer the cauliflower to a tray and roast in an oven at 200°C for 6-8 mins - cool slightly
4. In a bowl mix together the chickpea salad with the cauliflower and squeeze in the lemon juice, mix well, add the parsley and pomegranate - gently mix together.
5. Spoon the salad onto a suitable plate and garnish with the remaining yoghurt and the onion pickles - serve!