Roasted Cauliflower Wedges with Warm Chickpea Relish

2 plates, each with 2 wedges and 1 pita · Active 25 min · Total 55 min

Skills: Confident beginner

Ingredients

• 1 large cauliflower, leaves removed and core left attached, cut into 4 wedges (about 800 g prepared weight)

• 2 tablespoons olive oil (30 ml), divided

• 1/2 teaspoon smoked paprika (1 g)

• 1/2 teaspoon ground cumin (1 g)

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon black pepper (0.5 g)

• 1 can chickpeas (15 oz/425 g), drained and rinsed to yield about 1 1/3 cups (240 g)

• 1/4 cup water (60 ml)

• 1 tablespoon capers, drained and roughly chopped (15 g)

• 2 tablespoons lemon juice (30 ml)

• 1/4 cup chopped flat-leaf parsley (15 g)

• 2 medium whole-wheat pitas (120 g total), to serve

Set out

Large rimmed baking sheet, Wide spatula, Small saucepan, Foil

Allergens

Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Set the cauliflower wedges on the baking sheet. Brush the cut surfaces and florets with 1 tablespoon of the oil and season with the paprika, cumin, half the salt and all the pepper.

2. Roast for 30–40 minutes, turning carefully after 20 minutes, until the edges brown and a knife passes easily into the thickest stalk. Check loose florets early and remove if already tender.

3. During the last 10 minutes, put the chickpeas, water and remaining oil and salt in the saucepan. Simmer for 5–6 minutes until hot. Crush a few chickpeas with the back of a spoon, keeping most whole.

4. Wrap the pitas in foil and warm in the oven for the final 5 minutes. Remove the chickpeas from the heat and stir in the capers, lemon juice and parsley.

5. Serve two cauliflower wedges per person with half the warm relish and one pita. Spoon the relish over only part of each wedge so the browned edges remain visible.

Use the roasting interval well

The wedges need very little attention between turning and checking tenderness. Mix the spice seasoning and prepare the relish ingredients before the oven stage so the final minutes remain calm.

A useful detail

For a cauliflower much larger than 800 g prepared, make six smaller wedges and save the extra portion rather than expecting very thick quarters to roast in the same time.

Keep it well

Refrigerate the cauliflower and chickpea relish in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Keep pita separate. Reheat vegetables and relish to 165°F/74°C; an oven keeps the cauliflower edges firmer than a covered microwave. Carry chilled with two cold sources and refrigerate at work.