
Cauliflower Carrot Salad

Cook Time: 0 min

prep Time: 15 min

total Time: 15 min

servings: 4

Ingredients:

2 cups (250g) raw cauliflower florets, chopped in large chunks
1 1/2 cups (150g) peeled and grated carrots
1 cup (20g) fresh mint leaves, finely chopped
1 cup (20g) fresh parsley leaves, finely chopped
1/2 cup (60g) shelled pistachios, toasted
1/2 cup (90g) pomegranate seeds
3 tablespoons extra-virgin olive oil
2 1/2 tablespoons lemon juice
2 teaspoons honey or maple syrup
1/2 teaspoon smoked paprika
1/8 teaspoon cumin powder
3/4 teaspoon salt
1/4 teaspoon black pepper

Instructions:

1. Process the cauliflower in a food processor using the S-blade, or even better with the chopping blade, inserting the cauliflower pieces through the feed tube. You want a grain-like consistency, like couscous, not mushy. If you don't have a food processor, you can also finely chop it by hand.
2. Add the cauliflower rice to a large bowl, then grate the carrots using the largest side and mix with the cauliflower. Add in the mint and parsley, with half of the pistachios and pomegranate. Mix through and set aside while you make the dressing.
3. In a small bowl or jar, mix the olive oil, lemon juice, honey and spices. Add the dressing to the salad and mix through. Taste and add more seasoning if you wish.
4. Transfer the salad to a serving dish, and sprinkle the rest of the nuts and pomegranate.
5. This salad can be made ahead and the dressing added just before serving. Leftovers also taste great the next day. Store in an airtight container in the fridge for 3 days.

Notes:

The dressing can be added in advance, and since you can eat it with a spoon, it's a perfect take to work option.