

Spiced Cauliflower Tacos



These cauliflower tacos are vegan and packed with dietary fibre. Each serve provides almost one-third of your total dietary fibre needs.

Recipe supplied by Celebrate Health.

Ingredients

- 1 cauliflower
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp mild chilli powder
- 2 tsp olive oil
- salt and pepper
- 1 large avocado
- 1 tbsp Celebrate Health Vegan Mayonnaise
- 2 tsp lime juice
- 250 g cherry tomatoes
- 2 tbsp chopped fresh coriander

1 long fresh green chilli

8 mini flour or corn tortillas

lime wedges

Method:

1. Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Place cauliflower in a large bowl. Add cumin, paprika, chilli powder and olive oil and toss to combine. Place cauliflower in an even layer on prepared tray. Season with salt and pepper. Bake for 25-30 minutes or until golden and tender.
2. Meanwhile, mash avocado flesh, mayonnaise and 2 teaspoons lime juice in a medium bowl. Season with salt and pepper.
3. Combine tomato, coriander, chilli and remaining lime juice in a small bowl.
4. Spread some avocado over each tortilla. Top with the roasted cauliflower and tomato salsa and a drizzle of Celebrate Health Vegan Mayonnaise. Serve with lime wedges for squeezing.