

Roasted Cauliflower Tacos



A smoky, roasted cauliflower taco with a creamy lime tahini sauce! This is a great weeknight meal or an easy crowd pleaser for guests.

Ingredients

- 1 medium size cauliflower, cut into bite-sized pieces
- 1 tbsp extra virgin olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp salt
- 1/2 cup tahini (for dressing)
- 1/2 cup water (For the dressing)
- 1/4 cup Extra Virgin Olive Oil (for dressing)
- 1 lime juice (for dressing)
- 1 tsp Tabasco sauce (for dressing)
- Pinch of salt (for dressing)
- 1/2 cup diced tomato (for salsa)

1/4 cup small diced red onion (for salsa)

1 avocado, peeled and diced (for salsa)

1/2 lime juice (for salsa)

1/4 cup coriander, chopped (for salsa)

8 Low GI tortillas

Method:

1. Preheat the oven to 200C. Line a baking tray with baking paper.
2. Toss the cauliflower florets with olive oil, cumin and smoked paprika. Season with salt and pepper. Spread on the baking tray and roast for 20-25 minutes, tossing the florets after 10 minutes. The cauliflower is ready when easily pierced with a skewer and lightly coloured.
3. While the cauliflower is baking, whisk the tahini ingredients dressing together. Season with salt and pepper.
4. Mix avocado salsa ingredients together. Season with salt and pepper.
5. Toast tortillas in a dry pan, 1-2 minutes per side. Fill each tortilla with cauliflower, drizzle tahini dressing, add salsa. Try adding optional toppings like fresh coriander, pickled onions and chilli sauce.