



Flourishing Kitchen

Cauliflower Couscous with Orange Fennel Salad

Raw. Vegan. Gluten-free.

Prep Time: 10 mins | Cook Time: 0 mins | Total Time: 10 mins

Serves: 1

Recipe Ingredients:

½ pack of mixed pea shoot and baby leaf salad (approx. 40g)
1 ½ cups cauliflower florets
1 medium orange
½ small fennel (top and bottom removed) plus fronds
½ cup mixed whole marinated olives
Juice of ½ lemon
A small handful in total of fresh mint and parsley leaves, finely sliced
2 spring onions
Pinch sea salt and freshly ground pepper to taste



You Will Need:

A food processor or grater, a chopping board
a paring knife, a spoon, a bowl, a plate to serve

Recipe Directions

1. Top and tail the spring onions then finely slice. Cut the middle from the fennel and discard. Slice remaining fennel into matchsticks sized pieces and reserve for later. Peel the orange then slice into rounds.
2. Pulse the cauliflower florets in your food processor until they resemble couscous size grains.
3. In a bowl add finely sliced fresh herbs and spring onions to the raw cauliflower couscous. Pour over lemon juice. Add salt and pepper to taste. Stir together so that it's light and airy in consistency.
4. Add cauliflower couscous to a plate. Top with salad leaves and slices of orange. Sprinkle with fennel. Scatter with olives and lacy fennel fronds. Season to taste.

Notes

I like to keep back a little freshly chopped herbs to sprinkle over the salad just before serving. I prefer whole olives to pitted. Please choose whichever you prefer. For this dish I used Italian mixed olives in Sicilian lemon oil. For extra lemony flavour you could add a large pinch of sumac to the couscous. I also like to add salt and pepper to the salad to taste. This dish also works with ¼ cup cooked or sprouted and lightly steamed chickpeas added to the couscous and with any baby leaf salad of your choice. This dish keeps well when covered and stored in the fridge for 2-3 days.