

CAULIFLOWER BORANI



EXTRAS
#7

ALSO WORKS A TREAT WITH...

- Broccoli

RAISE YOUR GAME BY...

Topping the borani with a handful of toasted walnuts



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CAULIFLOWER BORANI

Borani is a word used across the Middle East for a wide-range of dishes featuring yogurt. It's most well-known as a dip made with spinach, but it's also made with everything from pumpkin to aubergine. Here we're using cauliflower to make a delicious veg dip which is perfect with some warm flatbread.

Prep
10 mins

Cook
1 hr

Heat


Serves
4
as a starter

1 medium **cauliflower** - broken into large florets (about 600g prepared weight)

10g **bunch of parsley** (optional) - finely chopped to serve

150g **natural yogurt** (full fat is best) or dairy-free alternative

1 tbsp **flour** (any type)

2 tsp



BIBER BLEND

2 tsp



KAMMUN BLEND

1 Fry the cauliflower florets in 2 tbsp oil on a high heat for 5 minutes or until starting to turn golden-brown in patches

2 Add 2 tsp **KAMMUN BLEND** and 1 tsp salt then cover tightly and cook on a very low heat for 40 minutes or until thoroughly soft and almost falling apart, stirring occasionally and adding a splash of water if necessary (but there should be sufficient liquid in the cauliflower not to need any!)

3 Mix the yogurt, flour and 200ml water to a smooth sauce

4 Mash the cauliflower to a coarse texture then add the yogurt sauce. Boil for 5 minutes or until the dip is rich and thick, and a spoon stirred through the centre leaves a trail

5 Heat 2 tbsp oil with 2 tsp **BIBER BLEND** for 3 minutes or until the chilli flakes start to sizzle and the oil has taken on the colour of the spices

6 Pour the hot oil and spices over the top of the cauliflower borani and sprinkle over the parsley (if using)