

## Roasted Cauliflower Salad with Quinoa & Garlic Yogurt

**Recipe Makes:** 3 servings

**Nutritional Value (per serving)**

**Calories:** 265 kcal    **Protein:** 11.7 g    **Carbohydrate:** 46.7 g    **Fat:** 4 g

### Ingredients

- 2 Cups Cauliflower (Gobi) florets
- 1 Cup Quinoa
- 1 Cup Hung Curd (Greek Yoghurt)
- 8 Cloves Garlic
- 2 Tbsp Lemon juice
- ¼ Cup Fresh Pomegranate
- 1 Tbsp Mixed Herbs (Dried)
- Red Chilli Flakes (Optional)
- Salt, to taste
- Extra Virgin Olive Oil



### Instructions

1. Preheat a pan, add cauliflower florets, sprinkle some salt and roast the cauliflower until it is cooked and color turned light brown.
2. Pressure cook the quinoa with 1 cup water, salt to taste in a pressure cooker for 3-4 whistles. Once done allow the pressure to release naturally.
3. Now transfer the quinoa to a serving bowl, add seasoning like red chilli flakes and mixed herbs, Mix well.
4. Into a mixing bowl, add the hung curd, drizzle some olive oil, add finely chopped garlic, salt and lemon juice.
5. Now it's time to assemble the salad, Place seasoned quinoa on your serving platter, add roasted cauliflower on top, pour some garlic yogurt dip and garnish with pomegranate seeds and serve.