



VITAL KITCHEN BY
EXECUTIVE CHEF FABRIZIO ZANETTI
ROASTED CAULIFLOWER SALAD WITH VARIOUS SEEDS,
TAGGIASCA OLIVES AND FRESH HERBS FROM THE GARDEN



INGREDIENTS FOR 4 PERSONS

300 g	Cauliflower
300 g	Romanesco Broccoli
200 g	Taggiasca olives or similar olives
3 tablesp.	Pomegranate seeds
100 g	Fresh or frozen peas
100 g	Young spinach
2 tablesp.	Sesame seeds
50 g	Pumpkin seeds
30 g	Almonds
50 g	Sunflower seeds
50 g	Walnuts





1 bunch	Fresh herbs from the garden, like basil or chives
1 teaspoon	Sumac
	Salt & pepper
	Native olive oil
	White balsamic vinegar

PREPARATION

Preheat the oven to 180 ° C. Cut the cauliflower and Romanesco broccoli into florets and place it on a baking tray together with the seeds, nuts and olives. Season to taste with salt and pepper.

Put everything in the oven at 180 ° C for about 30 minutes and turn it every 10 minutes.

Once the vegetables have turned golden brown, take the tray out of the oven and let it cool down.

In the meantime, half fill a pot with water, add 1 teaspoon of salt and bring it to boil. Then cook the fresh or frozen peas for 1 minute, drain and rinse in ice water for a few minutes before sieving them.

For the pomegranate seeds, cut the fruit in half and hold one half over a bowl.

Tap firmly with a wooden spoon or similar until the seeds come out.

In the meantime, wash and pluck the spinach and the desired herbs. Finally, mix the oven vegetables together with the peas, pomegranate, spinach and herbs and season to taste with salt, sumac, vinegar and olive oil.

This Power Salad tastes best served lukewarm. You can use different types of vegetables as you like, this also applies to the seeds and garden herbs.

WE WISH YOU TO ENJOY YOUR MEAL AND HEALTHY WELLBEING.

