

# Cauliflower Shawarma Salad

with Whipped Feta, Pitta and Dukkah

hellóchef

In this recipe you will make your own dukkah; dukkah is an Egyptian condiment made with nuts and spices which is often used to garnish.

Cals 1248 • Prot 55 • Carbs 148 • Fat 51

Vegetarian • Low-Carb





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Shawarma	2 ppl	3 ppl	4 ppl	
Cauliflower	400	600	800	Grams
Chickpeas	260	260	520	Grams
Garlic powder	4	4	8	Grams
Cinnamon powder	2	2	4	Grams
Cardamom powder	2	2	4	Grams
Dried oregano	2	2	4	Grams
Cayenne powder	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Olive oil	3	5	6	Tbsp
Dukkah				
Whole almonds	40	60	80	Grams
Zaatar	5	8	10	Grams
Coriander cumin powder	4	8	8	Grams
Whipped feta				
Lemon	1	1	2	Piece
Garlic cloves	0.5	0.5	1	Piece
Labneh	200	200	400	Grams
Feta cheese	200	200	400	Grams
Sides				
Pitta bread	2	3	4	Piece
Cucumber	2	3	4	Piece
Fresh dill	15	15	30	Grams
Pomegranate	1	1	2	Piece

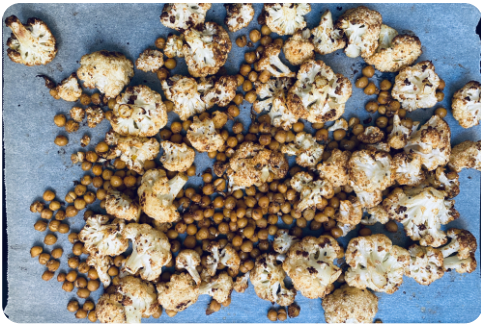
Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Prep cauliflower

Preheat the oven to 200 °C/180 °C fan. Chop the **cauliflower** into small florets. Drain, rinse and dry the **chickpeas**. In a bowl, combine the **garlic powder**, **cinnamon**, **cardamom**, **oregano**, **cayenne (spicy!)**, **paprika**, a pinch of salt and a generous drizzle of **oil**. Toss with the **chickpeas** and **cauliflower**.



2 Roast cauliflower

Arrange the **cauliflower** on a large baking tray and roast for 25-30 min until tender and starting to char around the edges.



3 Blitz dukkah

Meanwhile, place the **almonds**, **zaatar**, **cumin**, **coriander** and a pinch of salt in a food processor. Blitz until you are left with a fine crumb. This is your **dukkah**. Set aside.



4 Whip feta

Juice half of the **lemon** into a large bowl. Peel the **garlic** and mince it into the same bowl (don't like raw **garlic**? Go easy!). Add the **labneh** and **feta**. Using a spatula, break up the **feta**, then whip it for 2 min. The result should resemble thick sour cream. Set aside. Place the **pitta** on a baking tray and heat in the hot oven for 5 min.



5 Prep salad

Meanwhile, finely chop the **cucumber** and **dill**. Halve the **pomegranate**, hold each half over a bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane. Add the **cucumber**, **dill**, a drizzle of **olive oil** and a pinch of salt to the bowl.



6 Serve

Spread the whipped **feta** over serving plates. Top with the **cauliflower** and **chickpeas** followed by the **dukkah**. Serve the **cucumber** salad and **pitta** alongside.



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Pro Tip

Not got a food processor to hand? Chop the almonds as finely as possible instead.

Tips For Fussy Eaters

Serve with flat breads or rice!