



# Coronation cauliflower pittas

Prep: 10 minutes • Cook: 40 minutes • Serves: 2



## Ingredients

1 small (up to 425g) cauliflower, separated into florets  
1 tablespoon medium curry powder  
1 dessert spoon (10ml) olive oil  
125g soya yoghurt (or dairy yoghurt if you prefer)  
10g sultanas  
10g fresh coriander, chopped  
4 wholemeal pitta breads  
50g rocket

- 1** Preheat oven to 200°C / fan 180°C / gas mark 6. Add cauliflower to a saucepan and fill with water, bring to a boil and cook for 3 minutes so it is still quite firm. Drain and allow to cool slightly. Put cauliflower into a roasting tin and toss with 2 teaspoons of curry powder and 1 tablespoon of olive oil. Roast for 20 minutes.
- 2** While the cauliflower is cooking, mix the yoghurt with rest of curry powder, sultanas and half of the chopped coriander leaves.
- 3** Remove cauliflower from the oven and leave to cool. Once cooled, mix into yoghurt mixture.
- 4** Toast the pitta breads, cool and cut open. To serve, fill the pittas with the cauliflower mix and rocket and sprinkle over the remaining chopped coriander. Serve 2 filled pitta breads per portion.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✓  
Low salt ✓  
Low fat ✓

Cost per portion (January 2023) **£1.55**

Carbohydrate **80.4g**

Energy in kcals **457**