

Buffalo Roasted Cauliflower Salad

Serves: 1

Prep time: 10 Minutes

Cooking time: 15-20 Minutes

Ingredients:

- 1 cup cauliflower florets
- 2 tablespoons buffalo wing sauce
- 1 tablespoon mayonnaise
- 10 thin slices Lebanese cucumber
- ½ a small avocado, sliced
- 1 cheek red capsicum, sliced
- 4 ribbon slices of carrots
- 1 small handful of salad greens
- 15 grams roasted chick peas or fava beans
- 2 tablespoons of mayonnaise ***extra**
- 1 teaspoon freshly chopped dill



*This salad has a spicy crunchy texture, it is simple to prepare and is full of freshness. **Enjoy!***

Method:

- **Preheat** oven to 200°C
- Mix buffalo wing sauce and mayonnaise together.
- Add florets and 2 tablespoons of buffalo dressing to the bowl and stir well.
- Place them onto an oven tray, and into **preheated** oven, cook for 15 minutes.
- Remove from oven and coat with remaining dressing.
- **Meanwhile**, mix together the extra mayonnaise and dill
- Add the salad ingredients to another bowl, plus ***extra** mayonnaise mix and dill toss gently
- Arrange salad on to a serving plate, and top with the cooked cauliflower.
- **Serve and Enjoy!**