



**VEGETARIAN
EXPRESS**

Cauliflower and watercress salad with khorasan, smoked almonds and truffle



Ingredients

- 60g cooked khorasan grain
- 40g blitzed raw cauliflower (cauliflower rice)
- 30g picked baby watercress 30g roughly chopped smoked almonds
- 100ml white wine vinegar
- 75g caster sugar
- 20g ground turmeric
- 30g small cauliflower florets
- 15ml truffle oil
- 200ml soya milk
- 100g roughly chopped cauliflower
- 15g salt

Method | SERVES 1

- Boil the roughly chopped cauliflower in the soya milk with the salt until completely over cooked. Remove from the pan and drain off any excess milk. Blitz the cauliflower and truffle oil together. Check seasoning and chill.
- In a separate pan, boil the white wine vinegar, sugar and turmeric. Once the sugar is dissolved pour over the small cauliflower florets to pickle them. Set aside and let cool.
- In a tall salad shaker assemble your salad by layering up all the components until it looks full and generous.

Typical Nutritional Values

	per 100g	serving 346g
Energy	656kJ 157Kcal	2269kJ 544kcal
Fat	10.1g	34.9g
of which Saturated	1.2g	4.2g
Carbohydrate	11.2g	38.8g
of which Sugars	4.6g	15.9g
Fibre	3.1g	10.7g
Protein	5.4g	18.7g
Salt	0.6g	2.1g

Suitable for: Vegan, Dairy free

Allergens: Tree nuts, Cereal gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Chicken.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
120	7	708

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.