

Minted Cauliflower and Pea Shoot Salad

Ingredients

- 1 small or medium head of cauliflower
- 2 tbsp. olive oil, plus more for roasting
- Salt and pepper, to taste
- 2 cloves of garlic
- 4 oz. pea shoots
- 2 scallions
- ½ cup fresh mint, finely chopped
- ½ small onion
- ½ tsp. grated ginger
- 1 tbsp. nutritional yeast
- 1-2 lemons, juiced

Steps

1. Turn your oven broiler on high. Remove the leaves from the cauliflower, and chop it into inch thick slices. Place them on a baking sheet, and drizzle with olive oil, salt, and pepper. Tuck the garlic cloves onto that pan as well, and place it in the oven. Watch the cauliflower, and once it starts to brown and char a little, take it out and flip. Return to the oven, let the second side brown, and remove from the oven.

2. Let cool a little, and then roughly chop the cauliflower into pieces about the size of a quarter or smaller. Place them in a bowl. Mince the garlic, and add to the bowl as well. Chop the pea tendrils to about ½ inch long. Chop the scallions, and chop or rip the mint. Finely dice the onion, and grate your ginger. Add all the vegetables to the bowl. Top with 2 tbsp. olive oil, nutritional yeast, the juice of one lemon, and some salt and pepper. Taste, and more lemon juice and salt and pepper as desired. Serve slightly warm, or let chill in the fridge.

