Roasted Cauliflower & Chickpea Tray

Cauliflower, chickpeas and red onion roasted with cumin and paprika, finished with lemony yogurt sauce.

Prep 15 min **Cook** 30 min **Serves** 3

Ingredients

- ☐ 1 medium cauliflower (about 1 1/2 lb / 680 g), cut into small florets
- ☐ 1 can (15 oz / 425 g) chickpeas, drained, rinsed and patted dry
- ☐ 1 red onion, cut into thin wedges
- ☐ 2 tbsp olive oil
- ☐ 1 tsp ground cumin
- ☐ 1 tsp smoked paprika
- ☐ 1/2 tsp fine salt, divided
- ☐ 1/2 cup (120 g) plain Greek yogurt
- ☐ 1 tbsp lemon juice
- ☐ 1 small garlic clove, finely grated
- ☐ 1-2 tbsp water
- ☐ 2 tbsp chopped parsley



Spoon & Joy recipe illustration.

Before you start

Cut small florets
Large cauliflower pieces can brown outside while the stalk stays hard. Aim for bite-size pieces with a flat side against the pan.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Heat the oven to 425°F (220°C). Line a large sheet pan with baking paper.

2. Toss the cauliflower, chickpeas and onion with the oil, cumin, paprika and 1/4 teaspoon salt. Spread out with space between the pieces; use two pans if needed.

3. Roast for 25-30 minutes, turning once, until the cauliflower is tender when pierced and the edges are browned.

4. While the tray cooks, mix the yogurt, lemon juice, garlic and remaining salt. Stir in enough water to make a spoonable sauce.

5. Transfer the roasted mixture to plates, scatter with parsley and serve with the yogurt sauce.

Storage & making ahead

Refrigerate the roasted mixture and yogurt sauce separately for up to 3 days. Reheat the vegetables until hot throughout, then add the cold sauce.

Do not crowd the tray Steam needs an escape route. Two spacious trays are better than one overloaded tray.

Read this recipe on Spoon & Joy