

Cauliflower and Chickpea Cassoulet

1 large cauliflower
1 jar of good quality chickpeas
1 small red onion
250 gr of fresh tomatoes
1 large courgette
1 red pepper
1 teasp smoked paprika
½ teasp cinnamon
½ teasp. Baharat spice
olive oil
seasoning
1 teasp garlic puree
2 teasp tahini paste optional
1 teasp sesame seeds toasted optional

To roast the cauliflower, remove the leaves and pop into a roasting tin, season, drizzle with olive oil.
Add half the paprika and Baharat to the top of the cauliflower and gently massage in with hands.
Bake in oven 180°C Gas 5 for 35 minutes.
Remove from oven when cooked, should still be quite firm.
Finely chop the red onion, add to a large skillet frying pan.
Chop the red peppers, tomatoes and courgettes into dice, add to the frying pan and braise for 10 minutes.
Add the drained and rinsed chickpeas.
Add garlic puree and remaining spices, allow this to braise for a further 15 minutes.
Take an ovenproof dish and pour the chickpea cassoulet into it.
Slice the cauliflower into steaks. Place on top of the chickpeas.
Cover with foil and return to oven for a further 15 – 20 minutes.
If liked, add a drizzle of Tahini paste just before serving and some toasted sesame seeds
Serve with green vegetables and new potatoes