

Cauliflower with Polenta and Hazelnuts



This recipe serves 4

- 1 large cauliflower cut into florets
- 1 tbsp. olive or melted coconut oil
- Juice of half one lemon
- Pinch of freshly grated nutmeg
- Pinch of salt and pepper
- 1 clove garlic, skin left on and squashed flat with the back of a knife
- 500ml milk
- 150g polenta
- 1 tbsp. butter
- 30g grated parmesan
- Handful freshly, chopped coriander to serve (optional)
- 75g hazelnuts

Preheat the oven to 180°C

Spread the nuts out onto a baking sheet and toast for approx. 10 minutes. Keep an eye on these towards the end of the 10 mins as they can go from looking uncooked to being burnt quite quickly! Remove from the oven and leave to cool.

Place the cauliflower florets in a bowl and drizzle over the oil. Add the nutmeg, lemon juice, garlic clove and salt and pepper. Get your hands in and mix well, making sure the cauliflower is well coated in the flavourings.

Place in a roasting tin and bake for 30 minutes, turning regularly. Just give the tin a good shake every 5-10 mins.

Make a start on the polenta approx. 10 minutes before the cauliflower is finished roasting. Pour the milk into a saucepan with a good grinding of pepper. Keep to heat medium to low. Add the polenta and stir continuously until it is well combined and you have a smooth, thick

mixture. The polenta will start making big bubbles when it's cooked. Now turn off the heat and stir in the cheese.

Portion this up and place into bowls, topped with the roasted cauliflower, a scattering of hazelnuts and some fresh coriander.

You may want to add another squeeze of lemon juice and an extra grating of cheese 😊

Enjoy!!!

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