

Cauliflower Salad with Apples and Air Fried

Serves 4

INGREDIENTS

750 g cauliflower
2 apples
400 g canned chickpeas
50 ml apple cider vinegar
1½ tsp sugar
1 tsp ground cumin
¼ tsp ground cinnamon
¼ tsp ground cloves
80 ml vegetable oil
125 g frisée lettuce
50 ml unfiltered apple juice
40 g raisins
salt
pepper
chervil (for serving)



Vegetarian Paella

METHOD

1. Remove leaves of the cauliflower and cut into florets. In a large pot, bring water to a boil and add half of the apple cider vinegar, salt, and a third of the sugar. Blanch cauliflower florets in a pot on the Induction Hob on **heat setting 9** for approx. 8 min., then transfer to a bowl filled with iced water to cool.
2. Preheat the oven to **180°C Air Fry**. Drain canned chickpeas and add to a bowl with some of the vegetable oil, ground cumin, cinnamon, and cloves. Season with salt to taste and toss to coat. Transfer chickpeas to the **perforated Air Fry baking tray** and roast in the oven for approx. 15 min. Remove and let cool.
3. Wash frisée lettuce and tear into bite-sized pieces, then core and dice apples. Add remaining apple cider vinegar, unfiltered apple juice, remaining vegetable oil, remaining sugar, and raisins to a large bowl. Stir to combine and add blanched cauliflower, apple, frisée, and roasted chickpeas to the bowl. Toss to coat with the dressing and serve salad with fresh chervil on top. Enjoy!