



Cauliflower, leek and pine nut salad

This salad makes an easy lunch or light evening meal and a great accompaniment to a BBQ.

Ingredients

- 2 red peppers, quartered and deseeded
- 1 tsp smooth Dijon mustard
- 1 TBS white wine vinegar
- 4 TBS extra virgin olive oil
- 2 TBS capers (in brine), rinsed
- 1 small (350g trimmed weight) cauliflower
- 2 TBS pine nuts
- 2 leeks, trimmed and finely sliced
- 2 handfuls curly parsley leaves, finely chopped
- 50g barrel-cured feta cheese, crumbled
- Juice of 1/2 lemon, or to taste
- Salt and pepper



Serves 2

Method



1. Place the red pepper quarters skin side up under the grill and turn to high
2. Once the skin begins to blister and blacken, remove to a small bowl and cover with clingfilm
3. Once cool, peel the skin and discard, and dice the flesh
4. In a large mixing bowl, whisk together the mustard, white wine vinegar and 2 TBS olive oil
5. Pat dry the rinsed capers and add to the dressing. Season to taste
6. Wash the cauliflower, cut into small florets and pat dry on kitchen paper, then mix into the vinaigrette with the roast peppers
7. Place the pine nuts in a small dry frying pan and set over a medium heat. Regularly shake the pan for a minute to ensure they turn golden brown all over. Tip into the salad
8. Add 2 TBS olive oil to the hot pan and stir in the leeks. Fry for 2 minutes until just tender, then mix into the cauliflower
9. Add the chopped parsley and crumbled feta to the bowl and season to taste with some lemon juice
10. Serve immediately

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