

Cauliflower Sandwich

This colourful sandwich combines crispy cauliflower with beetroot raita for a delightfully balanced lunchtime bite. This recipe makes 1 sandwich.



Ingredients

$\frac{1}{2}$ cauliflower, cut into florets
cauliflower leaves
oil of choice
5-6 tbsp gram flour
salt
 $\frac{1}{4}$ chilli powder
 $\frac{1}{4}$ tsp turmeric
 $\frac{1}{4}$ tsp carom seeds
 $\frac{1}{2}$ beetroot, grated
4 tbsp yoghurt
pinch of ground cumin

sourdough slices
spinach leaves
chilli oil

Method

- Place the gram flour, $\frac{1}{4}$ tsp salt, chilli powder, turmeric, and carom seeds in a large bowl. Add a little water at a time while you mix and stop when you form a smooth batter.
- Add the cauliflower florets to the batter and thoroughly coat them.
- Heat 1 cup of oil in a deep frying pan. Add the cauliflower and cook until lightly golden.
- Transfer to a kitchen roll-lined plate to remove any excess oil.
- Coat the cauliflower leaves in the batter and add to the hot oil. Cook until golden and crispy.
- Gently smash each floret and then fry them again until dark golden and crispy.
- Mix the yoghurt, beetroot, a pinch of salt and ground cumin in a small bowl.
- Heat 1 tbsp oil in a shallow frying pan. Toast both sides of your sourdough until golden and crispy.
- Spread a layer of the beetroot raita onto one slice. Add some spinach leaves, a few florets, and 1 cauliflower leaf.
- Top with the other slice and enjoy!