

Warm Roasted Piccolo Parsnip and Cauliflower with Spicy Crushed Chickpeas, Coriander Yoghurt and Easy Flatbreads and Chilli Sausages



Ingredients

250g Piccolo parsnips, washed and trimmed
1 small butternut squash peeled cut into bite size pieces
1 small cauliflower, trimmed and sliced with stalk into chunks
Sea salt and black pepper
1tsp cumin seeds
2 tsp crushed coriander seeds
2 tsp red chilli seeds
2 x 400g tins chick peas, rinsed and drained
4 tbsp Greek yoghurt
2 handfuls fresh mint
2 handfuls fresh coriander
8 chilli sausages, to serve

Method

Toss the squash, cauliflower, and parsnips with the rape seed oil and season well with sea salt and black pepper. Spread on a large baking sheet and cook in the oven for 20-25 minutes until golden and cooked through.

Lightly roast the cumin seeds, crushed coriander seeds and chillies in a dry frying pan then remove from the pan. Place the pan back on the heat with 2tbsp of rape seed oil and add the spices and the chickpeas and cook for 2 minutes on a moderate heat remove from the heat and crush the chick peas slightly add the lemon juice , yoghurt and the herbs and combine then add the roasted vegetables season and place on a platter.

Top with coriander leaves and serve with the flat breads (recipe below), extra yoghurt and spicy grilled sausages.

Shopping list

Browse our local suppliers to make your shopping list.