

# Ras-el-Hanout Roasted Cod with Cauliflower & Pomegranate

Serves 4 - 10 mins prep - 20 mins cooking

## Ingredients:

- 1 large cauliflower cut into small florets (along with cauliflower greens)
- 1 red onion, thickly slices
- 1 x 400g tin of chickpeas
- 2 teaspoons olive oil
- 2 tablespoons ras-el-hanout
- 1 teaspoon sea salt
- 4 thick cod fillets



Extra pinches of sea salt & ras-el-hanout

To serve: A handful of pomegranate seeds, chopped fresh mint, natural yogurt

## Dressing:

- 2 tablespoons extra virgin olive oil
- 1 lemon, zest & juice
- 1 teaspoon sea salt

## Method:

1. Preheat oven to fan 180c, conventional 200c, gas 6.
2. Tip the cauliflower, greens, onion and chickpeas into a roasting tin large enough to hold them and the cod fillets in one layer, then mix well with the olive oil, ras-el-hanout and sea salt.
3. Lay the cod fillets in the tin alongside the vegetables, & scatter each fillet with a little more sea salt and ras-el-hanout. Transfer to the oven and roast for 25 minutes.
4. Meanwhile, mix the extra virgin olive oil, lemon zest & juice, and sea salt together, set aside. Once the cod and cauliflower are cooked through, pour over the dressing, scatter over the pomegranate seeds and chopped mint and serve with natural yogurt on the side.

*This recipe was taken from Rukmini Iyer's book 'The Roasting Tin – Around the World' and has been Tried & Tested by Karen Laird.*

*Karen says when she served it, she omitted the pomegranate seeds.*

