

Vegan Marinated Cauliflower with Chickpeas and Saffron



Source: America Test Kitchen *"Vegan for Everybody"*

Category: Vegan Appetizers

Prep Time: 15 min Marinating time: 4 hours Total Time: 4 hours 15 min Serves 6 to 8

Vegan / Gluten Free / Refined Sugar Free

Contains nightshades

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Recipe Link:

<https://www.betterveganrecipes.com/marinated-cauliflower>

Ingredients:

1/2 head cauliflower (1 pound), cored and cut into 1-inch florets
Pink Himalayan salt
Black pepper
1/8 tsp. saffron threads, crumbled
1/3 cups extra-virgin olive oil
5 garlic cloves, smashed and peeled
1 tsp. maple syrup
1 1/2 tsp. smoked paprika
1 small sprig fresh rosemary
2 Tbsp. sherry vinegar
1 cup canned chickpeas, drained and rinsed
1/2 lemon, sliced thin
1 Tbsp. minced fresh parsley

Instructions:

1. Prepare the ingredients.
2. Bring 2 quarts water to boil in large saucepan. Add cauliflower and 1 tablespoon salt and cook until florets begin to soften, about 3 minutes. Drain florets and transfer to paper-towel lined baking sheet to drain.
3. Meanwhile, combine 1/4 cup hot water and saffron in bowl; set aside. Heat oil and garlic in small saucepan over medium-low heat until fragrant and beginning to sizzle but not brown, 4 to 6 minutes. Stir in maple syrup, paprika, and rosemary sprig and cook until fragrant, about 30 seconds. Off heat, stir in saffron mixture, vinegar, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper.
4. Combine florets, chickpeas, lemon, and saffron mixture in large bowl. Cover and refrigerate, stirring occasionally, for at least 4 hours or up to 3 days. To serve, discard rosemary sprig, transfer cauliflower and chickpeas to serving bowl with slotted spoon, and sprinkle with parsley.

Notes:

Use a small sprig of rosemary, or its flavor will be overpowering. The garlic will become soft overtime.

This dish can be served cold or at room temperature.

Keep leftovers in an airtight container in refrigerator.

Serving suggestion:

Best served on its own.