

Tahini Bake

Ingredients

Serve it with turmeric rice which is rice cooked with a few pinches of turmeric and salt. You can use whatever veggies you have in your fridge, cauliflower does feel like it is a must though.

The Bake

3 medium potatoes washed well and cut into 2cm cubes
2 medium onions cut into 1/8ths
2 carrots washed well and cut into 2cm cubes
½ large cauliflower cut into medium sized florets
½ cup water
½ cup olive oil
Salt and pepper to your liking
3 cloves minced garlic
1 tsp cumin seeds
1 cup cooked peas

Tahini Sauce

¾ cup tahini
cup water or more
Juice 1 medium lemon (around 4 tbsp juice)
Salt and pepper to your liking

Possible Garnish

3 tbsp chopped parsley or coriander
Quarter of preserved lemon skin sliced fine
Pepitas
Flaked almonds

Method

1. Place all the veggies except the cauliflower in a baking tray with the ½ cup water, oil, garlic salt and pepper. Mix so the veggies are coated with the oil and water. Place in 180°C oven for 20 minutes.
2. Meanwhile make the tahini sauce by mixing everything in the bowl. You want the tahini sauce to be a pouring consistency but not too thin. Sometimes the lemon juice will thicken the tahini too much so add more water if that happens.
3. Turn the veggies gently then add the cauliflower and cumin and bake for a further 20 minutes.
4. Scatter the cooked peas on top of the veggies then pour on the tahini and bake in the oven for up to 15 more minutes or until the veggies and tahini browns up a bit.
5. Serve with the turmeric rice and garnish the bake and rice with your choice of garnishes.



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