



Curried Cauliflower Tacos with Carrot Hummus

By Chef Veera Gaul, Ph.D.



Ingredients

2 lbs (1 head) cauliflower, cut into bite-size pieces
2 tablespoons O&V [Roasted Garlic Grapeseed oil](#) *
1 teaspoon ginger paste or grated ginger
1 teaspoon garlic paste or grated garlic
1 tablespoon O&V [Chicken Curry Rub](#) *
 $\frac{3}{4}$ teaspoon garam masala *
8 oz [Carrot Hummus](#) or any hummus of choice *
2 cups chopped romaine lettuce or spring greens
 $\frac{1}{4}$ cup cilantro or parsley, chopped
8 tortillas (flour or corn)
1 tablespoon sesame seeds
Lime or lemon wedges
Slices of jalapeno
Pickled Onions

Preparation

Preheat the oven to 425F and prepare a baking sheet by lining with parchment paper

Mix the roasted garlic oil, curry rub, ginger paste, garlic paste and salt to taste in a large mixing bowl. Add the cauliflower pieces and toss till well coated. Spread in a single layer on the baking sheet and roast in the oven for 20-30 minutes (tossing halfway through) till tender and slightly crispy.

Warm the tortillas in a pan, on the grill, or over the flame of a gas stove for 10-15 seconds on each side till warm and slightly charred

Spread 2 tablespoons of hummus on each tortilla. Divide the greens, roasted cauliflower and cilantro/parsley amongst the tacos.

Top each taco with pickled onions, sesame seeds, slices of jalapeno and a squeeze of lime or lemon juice. Serve immediately.

Serves 4

Active time 15 minutes. Total Time: 45 minutes

Notes

* The [Roasted Garlic oil](#) adds a nice layer of garlicky flavor to the cauliflower. The [Chicken Curry rub](#) is a nice option versus buying individual spices and adds amazing depth to the cauliflower. You can substitute with your favorite, high-quality curry powder instead.

* Garam Masala is a spice blend widely used in north Indian cuisine and is a blend of whole spices of nutmeg, peppercorns, cinnamon, cumin seeds, coriander seeds and cardamom pods that have been dry toasted to release their aromatic flavors, then ground to a powder. You can purchase it at any Indian grocery store and even at some well stocked spice departments in regular grocery stores. Or you can purchase it online from [Masala Mama](#).

* I think the [Carrot Hummus](#) adds a special contrast to the curried cauliflower, but feel free to use a Lemon, or Garlic Hummus – preferably home-made or store bought but without artificial ingredients or preservatives.

Categories: Entrée, Snacks & Sides, Vegetarian, Vegan, Gluten Free, Dairy Free, Lunch, Easy Dinner, Weeknight Dinner, Mediterranean Diet, Roasted Garlic Oil, Chicken Curry Rub, Garam Masala, Indian Flavors, Unique Tacos, Vegetarian Tacos, Carrot Hummus, Pickled Onions, Cauliflower, Tortilla, Sesame Seeds. Mexican Tacos, World Flavors