



## Spicy Chakalaka Seasoned Vegetables

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 head cauliflower
- 3 multi-colored bell peppers (red, orange, and yellow)
- 1 bulb garlic
- 3 tablespoons O&V [Garlic EVOO](#) \*
- 1 -2 tablespoons O&V **Chakalaka Dip Seasoning** \* (see Chef Note)
- 2 cups prepared Couscous (see Chef Note)
- 1 cup of mint leaves (about 1 bunch, put aside a few for garnishing)
- ½ cup plain Greek yogurt
- Salt and pepper to taste

### Preparation

Preheat the oven to 425F. Line a baking sheet with parchment paper

Discard the outer leaves from the cauliflower and cut it into quarters. Quarter and deseed the peppers, remove and discard the seeds. Break the garlic bulb into cloves, and remove the skins.

Mix the chakalaka seasoning with the oil, and season to taste with salt and pepper. Mix and toss all the vegetables in the mixture and then place on the prepared baking sheet.

Place in the oven for 25 minutes, then remove from the oven, stir well and return to the oven for another 10-15 minutes until cauliflower is tender, crispy and golden brown at the edges.

In the meantime, cook the couscous according to package directions (see Chef Note), when ready, fluff the couscous with a fork and keep warm.

Place the mint leaves in a small food processor (reserve a few for garnishing) with half the Greek yogurt and process till smooth. Add salt to taste, and swirl back into the plain yogurt to create a rippled effect.

Serve the roasted garlic and vegetables with the couscous. Top with minted yogurt, sprinkle with the remaining mint leaves and serve.

Serves 4

Active time 25 minutes Total Time: 50 minutes

### **Chef Note**

Make the couscous using a flavorful chicken or vegetable broth along with a little EVOO and even a pat of butter. This will all give the couscous great taste

Use the Chakalaka dip seasoning mix to make this recipe, or also use it as a rub on chicken or beef before grilling. Another delicious use is to mix the seasoning in with sour cream and mayonnaise to create a spicy dip or sandwich spread.

### **Notes**

\* The [Garlic EVOO](#) adds another nice layer of flavor to the vegetables, but the **Chakalaka Seasoning** mix is really the star of this dish. Most [Oil & Vinegar stores](#) carry this seasoning mix, but you can also look for a high-quality mix from other vendors or substitute with [Patatas Bravas](#) mix

Categories: Entrée, Gluten Free Option, Roasted Cauliflower, Chakalaka Vegetables, Garlic EVOO, South African Flavors, Plant Based Meal, Weeknight Dinner, Meatless Monday, Chakalaka Seasoning, Relish, Condiment, Minty Yogurt Sauce, Couscous, Patatas Bravas