

# KALE CAULIFLOWER SHAWARMA WITH BASIL YOGURT SAUCE

This vegetarian take on shawarma opts for beautiful local cauliflower and bite-sized kale leaves tossed in a play on the traditional shawarma spices. A little lemon and TONS of fresh basil mixed with yogurt makes a creamy, bright sauce to top your roasted veggies. All wrapped in a locally baked whole wheat pita. Vegetarian dinner at it finest!



Photo courtesy of Half Baked Harvest

## Ingredients

- 1 head cauliflower
- 4-5 leaves kale
- 1 bunch fresh basil
- 1 lemon
- 1 teaspoon cinnamon
- 1/2 cup plain yogurt
- 6 pita bread
- Toppings: diced red onion, mixed greens, hot sauce

From your pantry:

- 2 garlic cloves
- 2 Tablespoons Roasting Spices
- 1 1/2 teaspoons cumin
- Olive oil
- Salt and pepper

### Equipment:

- Large sheet pan

**PREPARATION: 10 MIN**

**COOKING: 25 MIN**

**READY IN: 35 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. Preheat oven to 400 degrees.*

1. Break **cauliflower** head into bite-sized pieces using your hands and/or a knife. Remove tough stems from **kale** leaves and tear or chop into bite-sized pieces. Mince **garlic** cloves and **basil** leaves. Cut **lemon** in half.
2. Combine **cauliflower, kale, Roasting spices, cinnamon, 1 teaspoon cumin, juice from half the lemon, garlic, drizzle of olive oil, and salt and pepper** in a mixing bowl. Toss until thoroughly combined. Massage kale with your hands as you toss. Transfer to a large sheet pan and roast in oven for 20-25 until tender and lightly charred.
3. For the yogurt sauce: Combine **yogurt, minced basil, 1/2 teaspoon cumin, juice from half the lemon, 1/2 cup water, and a dash of salt and pepper**. Mix to combine. Taste and season with more salt and pepper if desired.
4. To assemble: top pita with roasted cauliflower and kale, some diced red onion, mixed greens, and hot sauce. Drizzle with yogurt basil sauce. Enjoy!

# Tips, Tricks, and Terms

## SHAWARMA SPICE BLEND

A traditional shawarma spice blend marries deep, smoky staples like cumin and paprika with warmer spices like cinnamon and cardamom or cloves. For this week's recipe, we use Local Crate's Roasting Spices with a little extra cumin and cinnamon, but here's another option if you'd like to try a more traditional blend at home!

- 1/2 teaspoon cinnamon
- 1/4 teaspoon cardamom or cloves
- 1 teaspoon coriander
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon ground ginger
- 2 teaspoons paprika
- 2 Tablespoons cumin
- 1/8 teaspoon cayenne pepper

Mix together and store in an airtight container

## A little about...

**SCHWARMA** : Middle Eastern staple usually consisting of spit-roasted meat, veggies, and a tasty sauce wrapped in a pita or flatbread

**DRIZZLE**: to slowly pour a liquid in a fine stream over a food, typically about 1-2 teaspoons for a light drizzle and 1-2 Tablespoons for a heavy drizzle

**MASSAGED KALE**: rubbing kale leaves with hands and some oil or dressing until they just start to soften



The Hmong American Farmers Association (HAFA) is a nonprofit organization that works with Hmong American farmers in the Twin Cities area. HAFA was started by and is led by Hmong American farmers and uses an organizing approach to do its work. The HAFA Farm has 155 acres subleased to over 20 experienced farmer families. HAFA focuses on farm business development, continued farmer training and education, and access to land and markets to support Hmong farmers who are a vital part of Minnesota's local food economy.

Visit [hmongfarmers.com](http://hmongfarmers.com) to learn more and follow @hafafarmers



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