

## Grilled Cauliflower Kebabs

### Ingredients

2 heads of cauliflower cut into florets  
Kebab skewer sticks  
1 tbsp Mediterranean herbs of choice (oregano, parsley)  
1 lemon  
Olive oil  
Salt and pepper  
Greek yogurt/cottage cheese  
1 tsp chilli sauce  
1 tsp mustard  
1 tbsp tomato sauce/sweet chilli sauce  
baby tomatoes  
feta  
fresh parsley

### Instructions

1. Combine herbs, seasoning, juice of  $\frac{1}{2}$  a lemon and  $\frac{1}{4}$  cup olive oil.
2. Drizzle over cauliflower florets, or alternatively combine all in a mixing bowl and mix around to coat the florets.
3. Create your kebabs by gently adding 3 to 4 florets onto a kebab skewer.
4. Drizzle with more olive oil and place on a medium hot grill.
5. Cook on low to medium heat for 25 minutes, turning every 5-10 minutes.
6. While they cook combine yogurt, chilli sauce, mustard and tomato/sweet chilli sauce to make a dressing.
7. Once cooked, remove kebabs from heat, drizzle with dressing and top with chopped tomatoes, feta and parsley.