

Under 30 minutes

Serves 4

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Ingredients

- 2 heads (300g each) cauliflower, broken into florets
- Salt and milled pepper
- ¼ cup (60ml) tomato sauce
- ¼ cup (60ml) soy sauce
- ¼ cup (60ml) hoisin sauce
- 2 Tbsp (30ml) maple syrup or honee (or honey, if you're not vegan)
- 6-8 pita breads
- Lemon wedges and coriander, for serving

Topping 1:

- 1 can (400g) lentils, rinsed and patted dry
- Glug olive oil, for frying
- Pnp hummus

Topping 2:

- Pnp guacamole
- Shredded red cabbage

Method

1. Thread cauliflower onto skewers, place on an oven tray and season.
2. Combine three sauces and sweetener of choice.
3. Use sauce to baste cauliflower.
4. Cook skewers over medium coals, basting every 5 minutes and turning halfway through until cooked. (or roast at 200°C for 25 minutes)
5. Fry lentils in olive oil on medium-high heat until crispy.

6. Serve skewers on toasted pitas with your choice of topping, a drizzle of basting sauce, a squeeze of lemon and some coriander.

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