

Truffle Honey Glazed Quail with Cauliflower Couscous

Recipe by: Tasmanian Truffles | tastruffles.com.au

INGREDIENTS

- 4 whole quail, deboned and butterflied
- 1 jar of Tasmanian Truffles [Truffle Honey](#)
- 4 sprigs fresh thyme
- A good pinch of salt and pepper
- ½ head of cauliflower florets
- 1 tbs fresh parsley, chopped
- 1 tbs fresh mint, chopped



PREPARATION

1. Place the quail in a large glass bowl and set aside to allow it to come to room temperature. In a small saucepan place the truffle honey and allow to melt to a runny consistency. Pour honey over the quail, add the thyme, salt and pepper. Massage through and allow to marinate for 20 minutes.
2. Heat grill to 200 C and place the quail skin side down on a baking tray lined with baking paper. Cook for 2 minutes and then flip the quail so the skin side is up and baste the skin with any residual marinade. Cook for a further 6 minutes or until the skin is golden and glazed.
3. Meanwhile add the cauliflower florets to the bowl of a food processor and pulse until it resembles couscous. Transfer to a mixing bowl and fold through the remaining ingredients and serve on a dish, then top with the quail. Allow the juices of the quail to run through the couscous.