



Roasted Cauliflower

Serves: 2-4 Active Time: 15 minutes Total Time: 40 minutes

Ingredients:

- 1 large head cauliflower, cut into florets
- 2 to 3 tbsp stock or water
- 1 lime/lemon halved
- 1 tbsp chili flakes
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp freshly ground black pepper
- ¼ cup chopped, fresh cilantro

Directions:

- Preheat your oven to 230 degrees Celsius.
- Place cauliflower into a large bowl and add the stock and lime juice. Toss to evenly coat the cauliflower.
- Add chili flakes, garlic powder, dried oregano and ground pepper.
- Toss to evenly coat the cauliflower in the spices.
- Line the baking sheet with parchment paper or silicone baking sheet.
- Lay any flat pieces of cauliflower cut-side down, so they can caramelize nicely.
- Place the remaining lime onto the tray and place tray into the oven.
- Roast for 15 to 20 minutes, or until they are cooked to your liking. You may need to toss the cauliflower and turn the tray during cooking.
- To finish, season to taste and garnish with fresh cilantro.
- Serve immediately.

