

# ROAST CAULIFLOWER



## QUICK



10 mins prep

## HEALTHY

Cauliflower is a high fibre, low calorie vegetable containing a number of vitamins, minerals and phytonutrients.

## FAMILY

Feeds 5-6 as a side dish  
It looks like a lot but you'll be surprised how much they shrink.

## MEALS

Great as a side dish or a snack (really!)

## INGREDIENTS

- 2 cauliflowers
- Large drizzle oil (approx. 40ml)
- 1 tbs Garlic Granules
- Salt

## METHOD

- 1) Turn the oven onto 180°C
- 2) Remove the outer leaves from the cauliflower, wash and put onto the oven tray
- 3) Cut the cauliflowers into bite sized pieces and put onto the tray
- 4) Also add the stalk and inner leaves
- 5) Drizzle the oil first – helps the salt and garlic to stick
- 6) Sprinkle over the garlic granules and salt
- 7) Give it all a good mix
- 8) Roast for approx. 1 hour, turning half way through
- 9) Serve – it won't last long.

### Top Tip

Use a very large oven tray or 2 smaller ones. If you layer the cauliflower too high, it steams rather than roasts and gets a bit soggy – try to get the cauliflower in a single layer.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)