

SWEET & SOUR CAULIFLOWER



QUICK

Less than 15 mins prep time and 60 mins cooking time

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 large cauliflowers (1200g)
- 4 tbs oil (50ml)
- 1-2 tbs Sesame Seeds
- 2 spring onions
- Sauce
- 200 ml pineapple juice
- 120 ml apple cider vinegar
- 1 tsp Garlic Granules
- 60 ml ketchup
- 2 tbs soy sauce
- 1.5 tbs cornflour and 3 tbs water

METHOD

- 1) Turn the oven onto 180°C
- 2) Cut the cauliflowers into bite sized pieces, drizzle with the oil and season with S+P
- 3) Roast them on a roasting tray for 45-60 mins, turning half way through
- 4) Make the sauce by heating the soy sauce, garlic granules, vinegar, ketchup and pineapple juice in a small saucepan till it bubbles.
- 5) Then in a small bowl mix the cornflour and cold water and add to the sauce – keep mixing till it thickens. It may need more cornflour/water mix
- 6) When ready to serve, pour the hot sauce into a small bowl
- 7) Put the cauliflower on a serving dish and sprinkle with the spring onion and sesame seeds.
- 8) Place the sauce bowl in the middle
- 9) Serve – it won't last long.

