

# Cauliflower

## Ingredients:

- Cauliflower (1 large head or 1 kg frozen florets)
- Chili flakes, salt, black pepper (to taste)



## Preparation

- Preheat the oven to 200°C. Line a large baking tray with parchment paper.

## Steps

### 1. Prepare the cauliflower.

If using fresh cauliflower, wash it and cut it into small, even florets.

If using frozen cauliflower (1 kg bag), place it in a large bowl and allow it to fully defrost before seasoning.

### 2. Season.

Drizzle the cauliflower with olive oil or spray evenly with oil. Add chili flakes, salt, black pepper, and thyme to taste. Mix thoroughly until all the florets are well coated.

### 3. Arrange on the tray.

Spread the cauliflower evenly on the prepared baking tray, making sure the pieces are not overcrowded. This helps them roast properly and become slightly crispy.

### 4. Bake.

Roast for 40–45 minutes, turning halfway through if desired, until the cauliflower is golden and tender. It should be easy to pierce with a knife when ready.

### 5. Serve.

Serve hot as a side dish or enjoy on its own with an extra sprinkle of spices if desired.