

OVEN 200 °C

ROAST 40-45 MIN

PLANT-BASED RECIPES · Nº 05

Cauliflower

05

#plant-based #high-fiber #weeknight-friendly

INGREDIENTS

- [ ] Cauliflower (1 large head or 1 kg frozen florets)
- [ ] Olive oil
- [ ] Chili flakes, salt, black pepper (to taste)
- [ ] Thyme (to taste)

Before you start: *Preheat the oven to 200 °C. Line a large baking tray with parchment paper.*

✂ CUT & KEEP

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.

MY NOTES