

Curried Cauliflower

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Serves 4-6

Why I Make This: Indian cuisine is a favourite of mine, and I am a big fan of eating cauliflower as a side dish because it can replace heavier options like rice, pasta or potatoes. Plus, it tastes absolutely delicious, so I can get a few servings of veggies into me without even trying!

Ingredients

1 head of cauliflower, chopped into florets.

3-4 tablespoons (or so) of coconut oil, melted (the amount will depend on the size of your cauliflower)

2 Tablespoons curry powder

1 teaspoon coriander powder

1/8 teaspoon Garam Masala

Pinch of cumin

Good pinch of salt

Freshly ground black pepper

Directions

Preheat oven to 350°F and line a baking sheet with parchment paper.

Place the cauliflower florets in a large bowl.

In a small bowl, combine the melted coconut oil with the spices, except the pepper.

Pour mixture over the cauliflower and toss well to coat. I use my hands!

Spread cauliflower onto a parchment in an even layer and season with ground black pepper.

Roast for 25-35 minutes, depending on how soft you like your cauliflower (I like mine a little crunchy). Halfway through cooking, take a spatula and move the florets around to encourage even cooking.

That's IT! At-home Indian your whole family will gobble up.