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Roast Cauliflower Recipe

Preparation time 10-15 mins

Cooking time 20 - 25 mins

This recipe is good for 3-4 servings

What you will need;

- 1 Large cauliflower
- 3-4 tbs Vegetable cooking oil (Sunflower ideal)
- 3 tsp Cumin Seeds
- 3 tsp table Salt
- 40g coriander chopped fine to garnish (optional)
- 1 ½ tsp of Rock Salt, Black Salt (recommended)

Preparation & Cooking

Cut the cauliflower into florets leaving parts of the stalk in place. The pieces should be no larger than bite sized. Place in a suitable sized bowl which is large enough to be used to tumble the florets. Sprinkle with the salt, mix and set aside for 5 minutes.

Pre heat your oven on to its maximum setting and prepare a suitable sized baking tray with a coating of oil.

Pour the oil over the cauliflower florets and mix. Add the cumin seeds and mix again to ensure the seeds cover the surface. Place the florets on the baking tray and place in the oven for about 15mins. The cauliflower will start to brown, but will need to be turned after the first bake, so remove the tray and turn over the florets and pop back into the oven for a further 10 - 15 mins. Remove from the oven and allow to cool before sprinkling black salt over the cauliflower and garnish with chopped coriander leaf.