

Punjabi Roasted Cauliflower



Nutritious roasted cauliflower is elevated by ginger, lemon and spiced marinade in this yummy dish. To cater to different tastes, consider leaving some florets to the side, adding a splash of oil and salt, and baking alongside the spiced cauliflower. This is a great side dish to Rajma or Dal and rice, or any other Indian-style main dish. If you don't have parchment paper, you can oil your pan instead.

SERVINGS: 6

PREP TIME: 15 MIN

TOTAL TIME: 35 MIN

INGREDIENTS

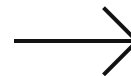
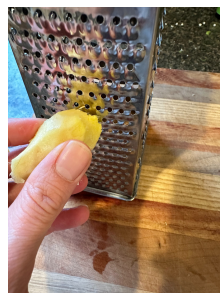
- 1 large head of cauliflower
- 1 teaspoon fresh ginger
- Juice of one small lemon
- 2 tablespoons canola oil
- ½ teaspoon turmeric
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon salt

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Remove leaves and main stem of cauliflower. Cut into florets. Place in a large bowl.



3. Peel ginger with a spoon. Grate ginger. Place in small bowl.



4. Squeeze the lemon juice into the bowl with the ginger.



5. Measure the oil, turmeric, cumin, coriander and salt into the bowl with the ginger and lemon. Whisk very well.

More on other side



NOTES

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DIRECTIONS CONTINUED

6. Pour the mixture over the cauliflower and mix until cauliflower is evenly coated.



7. Cover a baking sheet with parchment paper. Spread the cauliflower on the baking sheet in one layer.



8. Roast in oven for 10 minutes. Then flip pieces to other side and roast for another 10 minutes. Pierce with fork to check for softness.

