

Cauliflower

2 WAYS

SIMPLE ROASTED CAULIFLOWER

SERVINGS: 6

PREP TIME: 10 MIN

COOK TIME: 30 MIN

Ingredients

- 1 Cauliflower
- 2 Tbsp melted butter
- 2 Tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 onion powder
- 1/4 tsp paprika

Directions

1. Preheat oven to 425 & line a baking sheet with parchment paper
2. Cut cauliflower into small florets.
3. In 1 bowl combine oil & melted butter, and in a 2nd bowl, mix spices
4. Toss cauliflower florets in oil/butter mix until coated, and then toss in spice mixture
5. Spread on baking sheet & cook for 20-30 mins, until crispy



CURRY CAULIFLOWER SOUP

SERVINGS: 6-8

PREP TIME: 10 MIN

COOK TIME: 30MIN

Ingredients

- 2 Tbsp olive or canola oil
- 1 cauliflower, roughly chopped
- 1 onion, diced
- 1 medium potato, cubed
- 1 Tbsp curry powder
- 1 tsp garlic powder
- 500 ml milk
- 500 ml vegetable stock
- Salt & pepper to taste

Directions

1. Heat the oil in a large pot over medium heat then add onions and sautee until softened slightly
2. Add in the curry powder, garlic powder, and salt & pepper and cook for a minute until fragrant
3. Add cauliflower and potato, stir and cook for 2-3 minutes.
4. Add milk & broth & bring to a boil. Reduce heat, and simmer for 15-20 min until cauliflower & potatoes are softened & tender.
5. Blend until smooth, season with additional salt & pepper if needed.