



Parmesan Roasted Cauliflower

Recipe adapted from: <https://www.dontgobaconmyheart.co.uk/parmesan-roasted-cauliflower/>

Ingredients:

- 1 Head of Cauliflower
- 1/2 cup or 40g Parmesan Cheese
- 2 Tablespoons Butter, melted
- 2 cloves of Garlic, minced
- Salt and Black Pepper, to taste

Directions:

1. Peel away the outer leaves of the cauliflower and dice into 1-1.5" chunks.
2. Combine with 2 tbsp melted butter, a few sprigs of thyme, 2 minced cloves of garlic and a hefty pinch of salt and pepper. Sprinkle over grated parmesan.
3. Pop in the oven at 200 C/390 F for 20-30mins or until golden brown and fork tender. If it starts to blacken too quickly, reduce the temp. In any instance I don't recommend cranking up the temp as the parmesan will burn before the cauliflower is cooked.
4. Use a spatula to scrape off the cauliflower, collecting all those crispy bits stuck in between!

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Coliflor rostizado a la parmeseana

Receta de: <https://www.dontgobaconmyheart.co.uk/parmesan-roasted-cauliflower/>

Ingredientes:

- 1 cabeza de coliflor
- 1/2 taza o 40g de queso parmesano
- 2 cucharadas de mantequilla, derretida
- 2 dientes de ajo, picado
- Sal y pimienta, al gusto

Preparación:

1. Pica la coliflor en cubos de 1-1.5 pulgadas.
2. Combina las dos cucharadas de mantequilla, unos ramos de tomillo, dos dientes de ajo y una cantidad generosa de sal y pimienta. Espolvoréalo sobre el queso parmesano. Combínalo y cubre todos los pedazos de coliflor con el polvo.
3. Coloca la coliflor en un horno a 200 C/390 F durante 20-30 minutos o hasta que este doradita y cocinada. Si empieza a dorarse demasiado, reduce la temperatura. No es recomendable subir la temperatura demasiado ya que el parmesano se quemará antes de que la coliflor se cocine.
4. Usa una espátula y remueve la coliflor de la charola para no desperdiciar los pedazos doraditos!

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