

BLACKENED CAULIFLOWER



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cauliflower Head, Core and Leaves Removed, (Cut Into 2-inch Pieces)	1	Garlic Powder	1 tsp.
Olive Oil	2 Tbsp.	Red Pepper Flakes	½ tsp.
Smoked Paprika	1 Tsp.	Dried Thyme	½ tsp.
Kosher Salt	1 Tsp.	Black Pepper	½ tsp.
Onion Powder	1 Tsp.		



PREPARATION

- Preheat your oven to 425°F (220°C).
- Wash the cauliflower head and cut it into 2-inch pieces. Make sure the pieces are roughly the same size for even cooking.
- In a small bowl, combine the smoked paprika, kosher salt, onion powder, garlic powder, red pepper flakes, dried thyme, and black pepper.
- In a large mixing bowl, toss the cauliflower pieces with olive oil until they are well coated.
- Then sprinkle the spice mixture over the cauliflower, tossing again to ensure each piece is evenly coated.
- Spread the cauliflower in a single layer on a baking sheet. Make sure the pieces are not overcrowded to allow them to roast properly and get a nice char.
- Place the baking sheet in the preheated oven and roast for 20-25 minutes.
- Halfway through the roasting time, turn the cauliflower pieces to ensure even cooking and blackening.
- The cauliflower is done when it is tender on the inside and has a nice blackened char on the outside.
- Serve and enjoy!