

Roasted Whole Cauliflower with Garlic

INGREDIENTS

- 1 whole cauliflower
- Slurp olive oil
- Slurp Balsamic vinegar
- 1 tbsp runny honey
- 1 clove garlic, grated
- 1 red onion, finely sliced
- Sprinkle of LoSalt
- Freshly ground black pepper
- 1 tsp Dijon mustard
- 1 tsp smoked paprika
- Pinch dried chilli flakes
- 1 tbsp chopped fresh parsley



RECIPE BY:
SALLY BEE

METHOD

1. Pre-heat oven to 200° C
2. Start by boiling the cauliflower in water for 5-6 mins until tender
3. Meanwhile, mix together the olive oil, Balsamic vinegar, runny honey, grated garlic, LoSalt and black pepper, Dijon mustard, smoked paprika, chilli flakes and the chopped parsley
4. Once the cauliflower is tender, drain and pop onto a roasting tray
5. Pour over the sauce and top with the sliced red onion
6. Oven bake for 25 mins, basting half way through cooking
7. Serve hot!

