



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 30 mins

Serves: 2 for nibbles

SPICY ROASTED CAULIFLOWER



INGREDIENTS

- 1/2 large head cauliflower, cut into florets
- 3 tbsp olive oil
- 1/4 - 1/2 tsp chilli power
- 1/4 tsp cumin
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Few pinches salt and black pepper

METHOD

- Preheat oven to 200°C.
- Line an oven tray with baking paper.
- In a large bowl add all ingredients and toss to mix and coat well.
- Spread evenly on prepared tray and roast for 15 minutes.
- Turn and roast a further 10 minutes until crisp around the edges.
- Remove from the oven and garnish with diced red onion and fresh coriander.