

Sweet & Spicy Roasted Cauliflower



Prep: 15 minutes

Cook: 20-25 minutes

Serves: 4-6

Ingredient Studio—Chefs Candy Argondizza & Marité Acosta

- 1 large head cauliflower
- 3 tablespoons of vegetable oil
- 1 1/2 tablespoons soy sauce
- 2 cloves garlic chopped
- 1/4 teaspoon chili flakes
- 1 tablespoon honey
- 2 tablespoons chopped cilantro

Optional

Sprinkling chopped peanuts onto the cauliflower when done goes nicely with the marinade.



1. Pre-heat oven to 400°.
2. Wash the head of cauliflower and remove any leafy green leaves from the head. Cut the head in half, through the root end and break up the cauliflower florets or pieces, then using a knife cut these into consistent medium sized pieces and place into a large bowl.
3. In a small bowl, whisk together the oil, soy, garlic, chili flakes and honey.
4. Pour this mixture over the cauliflower and combine well.
5. Spread the cauliflower, evenly, onto a baking sheet and bake in the oven for 20-25 minutes. It's done when tender or when a fork can easily pierce the cauliflower.
6. If using cilantro, sprinkle on cauliflower after removing it from the oven.

Chef's Notes: Be aware when roasting anything with honey or sugar, it will brown quickly and might need to be stirred. Always check the oven at about the halfway point.