



Simple Roasted Cauliflower and/or Broccoli

★★★★

Dinner, Oven — 200°C/400°F, Side Dish, Vegetables

Prep Time: 10 mins **Cook Time:** 30 mins **Total Time:** 40 mins **Difficulty:** Easy **Servings:** 2 **Source:** Bart Busschots (Adaptation)

INGREDIENTS

Preparation:

350g cauliflower **and/or** broccoli
any optional extras (see below)

2 cloves garlic, minced

or

$\frac{1}{2}$ tsp garlic powder

paprika, to taste **optional**

2 tbsp lemon juice, **or** lime juice **or** white wine vinegar **or** cider vinegar, **half reserved**

or

1 tbsp soy sauce, **half reserved**

lemon **or** lime zest, to taste **optional**

coarse-ground black pepper, to taste

salt, to taste

1 tsp olive oil

To Finish:

reserved acid

garnish of choice (see below)

Garnish Suggestions:

$\frac{1}{2}$ scallion, finely sliced

$\frac{1}{2}$ tbsp fresh chives, chopped

Optional Extras:

150g sugar-snap peas

Substitutions:

tender stem broccoli to replace the **broccoli or cauliflower**, reduce cooking time to 20 minutes

tender stem broccoli to replace **all** the **broccoli/cauliflower**, reduce cooking time to 15 minutes

caulinini to replace the **cauliflower**, reduce cooking time to 20 minutes

green beans to replace up to half of the **broccoli and/or cauliflower**

DIRECTIONS

Pre-heat the oven to 200°C.

Wash the cauliflower and/or broccoli and cut into florets.

Toss all the preparation ingredients together in a large bowl.

Roast for 30 minutes until tender and lightly browned. Splash with the remainder of the acid, stir to lift the caramelisation from the dish, then serve immediately.

NOTES

Inspired by [Roasted Cauliflower — www.simplyrecipes.com/...](http://www.simplyrecipes.com/...)

A 50/50 mix of cauliflower and broccoli works best.

This recipe works well with coloured cauliflower, e.g. purple cauliflower, because it preserves the colour.



Spiced Roasted Cauliflower

★★★★★

Dinner, Oven — 200°C/400°F, Side Dish, Vegetables

Prep Time: 10 mins **Cook Time:** 30 mins **Total Time:** 40 mins **Difficulty:** Easy **Servings:** 2 **Source:** Bart Busschots (Original)

INGREDIENTS

Preparation:

400g cauliflower

½ tsp garlic powder

smoked paprika, to taste

turmeric, to taste

cumin, to taste

coarse-ground black pepper, to taste

salt, to taste

2 tbsp lemon juice, **or** lime juice, **half reserved**

lemon **or** lime zest, to taste **optional**

1 tsp olive oil

To Finish:

reserved acid

garnish of choice (see below)

Garnish Suggestions:

½ scallion, finely sliced

½ tbsp fresh chives, chopped

½ tbsp fresh mint, chopped

DIRECTIONS

Pre-heat the oven to 200°C.

Wash the cauliflower and cut into florets.

Toss all the preparation ingredients together in a large bowl.

Roast for 30 minutes until tender and lightly browned. Splash with the reserved acid, stir to lift the caramelisation from the dish, garnish, then serve immediately.

NOTES

Works best with lime rather than lemon.



Soy & Chilli Roasted Cauliflower

★★★★

Dinner, Oven — 200°C/400°F, Side Dish, Vegetables

Prep Time: 10 mins **Cook Time:** 30 mins **Total Time:** 40 mins **Difficulty:** Easy **Servings:** 2 **Source:** Bart Busschots (Adaptation)

INGREDIENTS

Preparation:

350g cauliflower

2 cloves garlic, minced

or

½ tsp garlic powder

½ chilli, de-seeded & sliced

1 tbsp soy sauce, **half reserved**

coarse-ground black pepper, to taste

salt, to taste

1 tsp olive oil

To Finish:

reserved acid

garnish of choice (see below)

Garnish Suggestions:

½ scallion, finely sliced

½ tbsp fresh chives, chopped

DIRECTIONS

Pre-heat the oven to 200°C.

Wash the cauliflower and/or broccoli and cut into florets.

Toss all the preparation ingredients together in a large bowl.

Roast for 30 minutes until tender and lightly browned. Splash with the remainder of the acid, stir to lift the caramelisation from the dish, then serve immediately.

NOTES

Inspired by [Roasted Cauliflower — www.simplyrecipes.com/...](http://www.simplyrecipes.com/...)

A 50/50 mix of cauliflower and broccoli works best.

This recipe works well with coloured cauliflower, e.g. purple cauliflower, because it preserves the colour.



Ginger, Sesame & Soy Roasted Cauliflower and/or Broccoli

★★★★★

Dinner, Oven — 200°C/400°F, Side Dish, Vegetables

Prep Time: 10 mins **Cook Time:** 30 mins **Total Time:** 40 mins **Difficulty:** Easy **Servings:** 2 **Source:** Bart Busschots (Original)

INGREDIENTS

Preparation:

350g cauliflower **and/or** broccoli

2 cloves garlic, minced

or

½ tsp garlic powder

1 tbsp fresh ginger, cut into match sticks

½ red chilli, deseeded & sliced **optional**

1 tbsp soy sauce, **half reserved**

coarse-ground black pepper, to taste

1 tsp toasted sesame oil

To Finish:

reserved soy sauce

1 tsp [Toasted Sesame Seeds](#)

garnish of choice (see below)

Garnish Suggestions:

½ scallion, finely sliced

½ tbsp fresh chives, chopped

Substitutions:

tender stem broccoli to replace the **broccoli or cauliflower**, reduce cooking time to 20 minutes

tender stem broccoli to replace all the **broccoli/cauliflower**, reduce cooking time to 15 minutes

caulinini to replace the **cauliflower**, reduce cooking time to 20 minutes

green beans to replace up to half of the **broccoli and/or cauliflower**

DIRECTIONS

Pre-heat the oven to 200°C.

Wash the cauliflower and/or broccoli and cut into florets.

Toss all the preparation ingredients together in a large bowl.

Roast for 30 minutes until tender and lightly browned. Splash with the remainder of the soy sauce, stir to lift the caramelisation from the dish, then serve immediately.

NOTES

A 50/50 mix of cauliflower and broccoli works best.