



REMEDY
KITCHEN

Whether you're a vegetarian or a carnivore, RK Superb Seasoning Mix can add flavour and spice up any meal in so many ways.



Roast Cauliflower & Pomegranate

Ingredients

1 Large head of Cauliflower,
washed and dried, cut into large florets

Remedy Kitchen SSM

1/2 Pomegranate of seeds (Arils)

1 Tablespoon EVOO

1/2 cup chopped Continental Parsley

Sriracha Mayo (dipping sauce)

Method

Step 1

Preheat your oven to 180 degrees fan forced. Prep a roasting dish and line with baking paper so the clean up is minimal.

Step 2

Start with a whole washed and dried Cauliflower. Some people like to cut the florets into large piece, if time plays a factor in preparing this dish you can always make them smaller for faster roasting time! Once cut, toss the Cauliflower in a bowl with the Superb Seasoning Mix (SSM). For me this is visual, its difficult to estimate if you'll need 3/4 of a cup or a whole cup! It all depends on the amount you're roasting. Spread evenly across the roasting pan and drizzle with EVOO (extra virgin olive oil).

Step 3

Roast for anywhere between 40 minutes if florets are small. or up to an hour if larger! Another reason for different roasting times can be for desired flavours. My family loves cauliflower with a slight charring, adding a caramelization to the flavour. If this isn't for you, covering the roasting pan while cooking is always an option.

Time to plate up! A light sprinkling of pomegranate and parsley adds a pop of colour and a beautiful combination of flavours.... but it doesn't have to stop there, I added a small dipping sauce of sriracha mayo!

ENJOY X

Mel ♥

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