

Roasted Garlic & Parmesan Cauliflower

Fresh from the garden: cauliflower

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
colander
medium bowl

Ingredients:

- 100g butter melted
- 2 garlic cloves minced
- 1 cup breadcrumbs
- 100g grated Parmesan cheese
- ½ teaspoon cumin
- ¼ tsp salt
- ¼ tsp black pepper

- 1 medium cauliflower, cut into florets

Method (What to do):

1. Preheat the oven to 200 degrees C.
2. Line a large baking sheet with baking paper. Set aside.
3. Remove all leaves from the cauliflower head. Cut cauliflower into florets, all roughly the same size.
4. Melt butter in a small bowl. Add garlic and stir in.
5. Place breadcrumbs, salt, pepper, cumin and parmesan cheese in another bowl.
6. Dip each cauliflower piece into the butter first, then to the breadcrumbs.
7. Place each breaded piece on the prepared baking paper. Repeat until you use up all of the cauliflower.
8. Roast cauliflower for 35 to 32 minutes, or until the breading is golden brown.



