

WHOLE-ROASTED INDIAN-SPICED CAULIFLOWER

This Indian-spiced whole roasted cauliflower is an irresistible dish that bursts with flavors and textures and requires minimal effort. The cauliflower is coated in a mouthwatering blend of anti-inflammatory Indian spices, then perfectly roasted, resulting in a crispy exterior contrasting beautifully with the soft and tender flesh. The dish is a feast for the senses, served hot and paired with a zesty avocado, cilantro, and mint yogurt sauce.

INGREDIENTS

1 large cauliflower, leaves removed
2 tablespoons olive oil
boiling water

Spice mix

1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon turmeric
1/2 teaspoon ground fennel
1/4 teaspoon ground cinnamon
1/4 teaspoon ground black pepper
1/8 teaspoon ground cloves
1/8 teaspoon ground cardamom
1 teaspoon salt

Cilantro Mint Sauce

1/4 avocado
1/4 cup cilantro leaves
5-6 mint leaves
juice of half a lime
1/4 cup non-dairy yogurt
1/4-1/2 cup water
1/4 teaspoon salt

Optional garnish

2 tablespoons chopped pistachios
1 tablespoon chopped parsley
1 tablespoon chopped cilantro
1 tablespoon olive oil
1/2 teaspoon lemon zest
handful of pomegranate seeds

MAKES TWO MAINS OR FOUR SIDE DISHES

- 1 Preheat your oven to 425°F (218°C).
- 2 Mix the spices and olive oil in a small bowl until well combined.
- 3 Remove the leaves and trim the stem of the cauliflower, leaving the core intact.
- 4 Place a grate on a rimmed baking sheet. Place the cauliflower stem side down on top of the grate, and brush the cauliflower with the spice mixture, covering the entire head.
- 5 Place the baking sheet in the oven and carefully pour boiling water into it until it reaches about 1/4 inch height.
- 6 Roast for 50-60 minutes or until the cauliflower is tender when pierced with a knife. (Cooking time will depend on the size and cauliflower variety.)
- 7 Place all the ingredients in a small blender to make the sauce. Start with 1/4 cup of water and slowly add more as needed.
- 8 Place all of the ingredients for the optional garnish in a small bowl, except the pomegranate seeds, and fold them together. Serve a wedge of cauliflower with some sauce and optional garnish, and then top with some pomegranate seeds.