



Roasted Cauliflower

I love the deep-fried cauliflower often seen as part of a Lebanese mezze, but it can be a touch oily. So I often roast it in the oven instead, which gives the same great caramelised flavour, less mess and hopefully fewer calories!

Serves 4 as part of a mezze



INGREDIENTS

- 1 small cauliflower
- Extra virgin olive oil, for tossing
- Salt flakes, to taste

METHOD

1. Preheat oven to 180°C.
2. Break cauliflower into florets, discarding any outer leaves and thick stems.
3. Place in a baking dish in a single layer.
4. Toss with a generous drizzle of oil and sprinkle of salt.
5. Bake for 30 minutes or so, turning occasionally, until tender and golden.
6. Increase oven to highest temperature and cook for a further 10 minutes or so until dark golden brown (using the overhead grill for a couple of minutes if necessary).
7. Serve warm or at room temperature.