Nutrient Rich Dishes

Cauliflower has a number of health benefits such as anti-inflammatory properties, helps to fight cancer, boosts heart health, boost brain health and development and is a good source of fibre.

Honey Roasted Cauliflower with Sage

Ingredients

1 big head cauliflower, cut into small pieces
3 tablespoons olive oil
2 tablespoons honey
Salt to taste
¼ teaspoon freshly ground black pepper
7-8 cloves garlic, crushed
10-12 sage leaves
2 tablespoons sunflower seeds

Instructions

1. Preheat the oven to 475 degrees F.

2. Line a baking tray with parchment paper or foil.

3. Mix olive oil, honey, salt and black pepper in a bowl. Then pour this mixture over cauliflower and mix well.

4. Arrange the cauliflower on the baking tray in a single layer. Randomly place the sage leaves and crushed garlic cloves throughout the cauliflower.

5. Roast for 20 minutes.

6. Give the cauliflower a mix and then roast for another 10-12 minutes, till the cauliflower turn slightly brown.

7. Remove the tray from the oven, sprinkle the sunflower seeds on top and serve immediately

Source: http://www.whiskaffair.com/2015/01/honey-roasted-cauliflower-with-sage.html

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