

HERB COATED ROASTED CAULIFLOWER

Time

40 mins

Serves

4

Calories (per serving)

65

Carbs (per serving)

1g

Fat (per serving)

7g

Protein (per serving)

4g



Ingredients

- 1 whole cauliflower , cut into florets
- 2 lemons, zest only
- 2 tbsp coconut cooking grade oil
- 1/2 tsp salt
- 2 small garlic cloves , crushed
- 1 tbsp fresh thyme leaves

Method

Preheat your oven to 375F (190c) and line a half sheet pan with parchment.

Cut the cauliflower into even sized florets and put them in a large bowl.

Mix together the lemon zest, salt, and crushed garlic in the oil and toss them with the cauliflower florets.

Spread out the cauliflower onto a the sheet pan and sprinkle with the thyme leaves then bake until browned round the edges which till take about 20-30 minutes.