



YIELD:
4-6 servings

TIME:
1 hour

whole roasted cauliflower

Ingredients

- 1 head cauliflower
- 4 tbsp olive oil
- ½ tsp smoked paprika
- 2 small yellow onions
- ½ tsp granulated garlic
- ¾ tsp salt
- Pinch black pepper
- 1 Pomegranate
- 1 small bunch of parsley
- 1 tsp Chili pepper flakes
- 2 tbsp Pumpkin seeds
- Jar of Chimichurri

You'll need

- Aluminum foil
- Oven mitts
- Knife
- Cutting board
- Small bowl
- Cast-iron pan/oven-proof skillet

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INSTRUCTIONS

1



Make the cauliflower:
Position a rack in the center of the oven and heat oven to 400 degrees. Trim the cauliflower, making sure the stem is cut flush with the head so it sits flat.

2



Heat a 10-inch, ovenproof skillet on the stove over medium heat. Add 1 tablespoon oil, sliced onions, and 1/4 teaspoon salt and cook, stirring, until translucent and turning golden on the edges. Stir in 3/4 cup water and remove from the heat.

3



Rub the cauliflower with the remaining tablespoon oil, paprika and granulate garlic, pepper and remaining 1/2 teaspoon salt. Clear the center of the skillet and place the cauliflower in it.

4



Once cooled, cover the pan tightly with foil and place in the center of the oven. Bake until soft (30-45 minutes).

5



Turn oven to 450 degrees and uncover the cauliflower. Baste with some of the pan juices. Cook, basting occasionally, and adding 1/4 cup of water to the pan if it dries out. Roast until nicely browned (20-30 minutes).

6



Garnish with any variety of tasty toppings such as chimichurri, pomegranate seeds, pumpkin seeds, chili pepper flakes or chopped herbs.