

Recipe Name: Roasted Cauliflower Recipe

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Cauliflower (gobi)	4
• 4 Garlic - sliced	
• 2 teaspoon Cumin seeds (Jeera) - roasted and crushed	
• 1 teaspoon Coriander Powder (Dhania)	
• 2 teaspoon Black pepper powder - or red chilli powder	
• 3 tablespoon Extra Virgin Olive Oil	
• 1/4 cup Anardana Powder (Pomegranate Seed Powder)	
• 2 tablespoons Pomegranate molasses - or honey (optional but recommended)	
• Fresh Herbs - Handful of herbs of choice like basil	
• Salt - to taste	

Preparation

- Sprinkle salt as required.
- Place these florets on a baking tray and roast till they just s.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
55	2.5	11.5	0.5	5	2