

6/24/17

NIMBOO ADRAK GHOBHI

Lemon Ginger Cauliflower



Ingredients:

3	Tablespoons	Coconut Oil
1	Small Head	Cauliflower, cut into florets and halved
1	Pint	Cherry Tomatoes
2	Teaspoons	Sea Salt
1	Medium	Lemon, cut in half
2	Tablespoons	Shredded Ginger
1	Teaspoon	Cumin Seed, toasted and ground

Directions:

1. Melt coconut oil. Mix 2 tablespoons with cumin and toss with cauliflower and tomatoes. Arrange cauliflower and tomatoes on parchment lined sheet pan and sprinkle with salt. Add lemon to pan and roast in 450° oven for 20 minutes.
2. Heat remaining tablespoon coconut oil over medium-high heat. Add the garlic and ginger and cook for two minutes. Remove from heat until cauliflower is roasted.
3. Set lemon halves aside and add cauliflower and tomatoes to pan with the garlic and ginger. Toss lightly, trying not to break up tomatoes. Squeeze roasted lemon over top and serve.