

Roasted Curried Cauliflower Recipe

1 large head cauliflower, cut into large florets
1 1/2 tablespoons extra-virgin olive oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1/2 teaspoon turmeric
1/4 teaspoon cayenne pepper
1 teaspoon sea salt

Preheat oven to 375 degrees. In a small bowl, whisk together oil, mustard seeds, cumin seeds, turmeric powder, cayenne pepper and salt. Place the cauliflower into a rimmed baking dish and pour the whisked oil with spices over it. Mix to coat evenly with spice mixture.

Arrange cauliflower in a single layer. Then, roast roughly 35 minutes until florets are browned on bottom and tender when pierced with the tip of a knife. Serve immediately.