



# Roasted Garlic Cauliflower

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	10 MIN	30 MIN		10

Roasted garlic cauliflower is a simple and healthy side dish made by roasting cauliflower with garlic, olive oil, and seasonings. The roasting process creates crispy edges while keeping the inside tender and flavorful. This easy recipe is perfect for everyday meals and works well as a side dish or light main. With minimal ingredients and preparation, it's a great way to enjoy vegetables with bold garlic flavor.

## Ingredients

- 1 medium cauliflower, cut into florets
- 4 garlic cloves, minced
- 3 tablespoons olive oil
- Salt and pepper to taste
- Optional: ½ teaspoon paprika or chili flakes
- Optional: fresh parsley for garnish

## Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25–30 minutes
- Total Time: 35–40 minutes
- Servings: 4
- Course: Side Dish
- Cuisine: International

## Cooking Method

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### Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place cauliflower florets in a large bowl.
3. Add garlic, olive oil, salt, pepper, and optional spices.
4. Toss until evenly coated.
5. Spread in a single layer on a baking sheet.
6. Roast for **25–30 minutes**, flipping halfway through.
7. Remove when golden and slightly crispy.

8. Garnish with parsley and serve warm.

### Cooking Tips

- Spread evenly for better roasting
- Flip halfway for even browning
- Roast at high heat for crisp edges

### Variations

- Add parmesan cheese for extra flavor
- Use roasted garlic instead of raw
- Add lemon juice for brightness
- Toss with spices like cumin or turmeric

### What to Serve with Roasted Garlic Cauliflower

- Grilled chicken or meat
- Rice or quinoa
- Salads

- Other roasted vegetables

## Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

## Reheating

Reheat in the oven for best texture.

## Frequently Asked Questions

### How do I make cauliflower crispier?

Use high heat and avoid overcrowding.

### Can I make this in an air fryer?

Yes, cook at 375°F (190°C) for 15-18 minutes.

### Can I use frozen cauliflower?

Yes, but fresh works best.

## Recipe Author

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