

Garlic Cauliflower and Mushrooms

Ingredients

- 1 head cauliflower, cut into florets
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 8 oz mushrooms, sliced
- Salt and black pepper, to taste
- 1/4 tsp red pepper flakes (optional)

Method

1. Preheat the oven to 200°C.
2. In a large bowl, toss the cauliflower florets with olive oil, minced garlic, salt, and black pepper until evenly coated.
3. Spread the cauliflower mixture on a baking sheet in a single layer and roast in the oven for 20-25 minutes, or until the cauliflower is slightly browned and tender.
4. In a large skillet, heat the remaining olive oil over medium heat. Add the sliced mushrooms and sauté until they are browned and tender, about 5-7 minutes.
5. Once the cauliflower is roasted, add it to the skillet with the mushrooms. Mix well to combine and season with additional salt, black pepper, and red pepper flakes if desired.
6. Cook for another 2-3 minutes to allow the flavours to meld together.
7. Serve the Garlic Cauliflower and Mushrooms hot as a delicious side dish or over rice as a vegetarian main course