Dinner, Mediterranean

Garlic Thyme Parmesan Roasted Cauliflower

Cauliflower florets are tossed in olive oil, grated Parmesan cheese, garlic powder, and dried thyme, then roasted until golden and crispy at the edges. A simple savoury side that works alongside almost any main.



Gluten free | Nut free

35 min	110	8 g	3 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 head cauliflower (large, cut into florets)
- [ ] 2 tbsp olive oil
- [ ] 1/2 cup Parmesan cheese (grated)
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme
- [ ] 1/4 tsp salt
- [ ] 1/2 tsp black pepper

Method

1. Heat the oven to 425 degrees F.
2. Put the cauliflower florets in a large bowl, add the olive oil, grated Parmesan cheese, garlic powder, dried thyme, salt, and black pepper, and toss until every floret is well coated.
3. Spread the cauliflower out in a single layer on a baking sheet.
4. Roast for 25 minutes, tossing the florets halfway through, until golden brown and crispy.
5. Take the baking sheet out of the oven and transfer the cauliflower to a serving dish.
6. Serve warm.

Nutrition Facts

Per serving

Calories	**110**
Total fat	7 g
Saturated fat	2 g
Sodium	280 mg
Total carbs	8 g
Fiber	3 g
Total sugars	3 g
Protein	5 g

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