

# Roasted Cauliflower

Serves: 32 tastings



**From the garden:** Cauliflower & parsley

## Equipment:

- Large bowl x 1
- Small bowl x 1
- Wooden spoon x 2
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Baking tray x 2
- Baking paper
- Serving bowl x 5
- Serving spoon x 5

## Ingredients:

- 2 heads cauliflower (cut into florets)
- 1/3 cup olive oil
- 1 teaspoon salt
- 10 grinds of pepper
  
- 2/3 cup panko (Japanese style breadcrumbs)
- 1/3 cup pumpkin seeds (pepitas)
- 1/2 teaspoon salt
- 2 tablespoons olive oil
  
- 3 tablespoons parsley (finely chopped)

## Method:

1. Heat oven to 200C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put cauliflower, oil, salt and pepper in a large bowl, stir until evenly coated.
4. Pour into lined baking trays and bake for 10 minutes or until beginning to brown.
5. Meanwhile, mix together panko, pumpkin seeds, salt and oil in a small bowl.
6. Remove cauliflower from oven and sprinkle panko mixture.
7. Bake for another 5 minutes or until panko is slightly golden.
8. Remove from oven and toss with parsley.
9. Serve into 5 large serving bowls with a serving spoon in each.