

Roasted Cauliflower with Salsa Verde



Source: Cook's Illustrated, Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 40 min Total Time: 55 min

Serves 4-6

Gluten Free | Refined Sugar Free

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Recipe Link:

<https://www.betterveganrecipes.com/roasted-cauliflower-with-salsa-verd>

Ingredients:

Cauliflower:

- 1 head cauliflower (about 2 pounds)
- 2 Tbsp. cup avocado oil
- Pink Himalayan salt
- Black pepper

Salsa Verde:

- 1 bunch Italian flat leaf parsley, finely chopped
- 1 clove garlic, minced
- 1 Tbsp. capers, drained and chopped
- 1/2 tsp. miso paste
- 1 shallot, finely diced
- 1/3 cup extra-virgin olive oil (or enough to cover)
- Juice of 1 lemon (about 2 Tbsp.)
- Pink Himalayan salt
- Black pepper

Instructions:

1. Prepare the ingredients.
2. Adjust oven rack to lowest position and heat oven to 475 degrees. Trim outer leaves of cauliflower and cut stem flush with bottom of head. Cut head into 8 equal wedges, keeping core and florets intact. Place wedges cut side down on parchment paper-lined rimmed baking sheet. Drizzle with 2 tablespoons avocado oil and season with salt and pepper to taste; rub gently to distribute oil and seasonings.
3. Cover sheet tightly with parchment paper, then aluminum foil and cook for 10 minutes. Remove foil and parchment paper and continue to roast until bottoms of cauliflower wedges are golden, about 13 minutes. Remove sheet from oven and, using spatula, carefully flip wedges. Return sheet to oven and continue to roast until cauliflower is golden all over, about 13 minutes longer.

4. While cauliflower is roasting, prepare salsa Verde by mixing all salsa ingredients together, stirring well to combine.
5. When cauliflower is ready, season it with salt and pepper to taste, cut into smaller pieces, if desired, transfer to platter, drizzle with salsa Verde, and serve.

Notes:

Roasting cauliflower for 13 minutes produced pretty good caramelization and browning, but if you would like it to be deeper, increase roasting time to 15 minutes per side.

Equipment needed:

Baking sheet

Serving suggestion:

Serve on its own or with a side of vegan mashed potatoes or your favorite gluten-free whole grain. Can be served warm or at room temperature.