KIKKOMAN

Roasted Cauliflower

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
617 kJ / 148 kcal

Fat: **12.5 g** Protein: **4 g**
Carbohydrates: **4.2 g**

INGREDIENTS

4 portion(s)

1	cauliflower
50 g	rapeseed oil
1	garlic clove, finely chopped
0.5 tsp	cumin
1 tsp	sweet paprika
1 tsp	maple syrup
1 pinch	cayenne pepper
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Wash and dry the whole cauliflower. Remove all leaves except for a few young ones.

Step 2

Marinate the cauliflower in a bowl with the rapeseed oil, garlic, cumin, paprika, maple syrup, cayenne pepper and Kikkoman soy sauce.

Step 3

Place the cauliflower on a baking tray lined with parchment paper and roast at 180 °C for approx. 15 minutes.