

Roast Cauliflower with Cashew Nuts Recipe

Ingredients

- 1 large cauliflower, broken into florets
- 1 lime, zest and juice only
- 2 garlic cloves, finely chopped
- 1 tbsp olive oil or nut oil
- 100g/3½oz cashew nuts
- salt and freshly ground black pepper
- 25g/1oz Parmesan (or an alternative vegetarian hard cheese), grated



Preparation

1. Preheat the oven to 180C/160C Fan/Gas 4. Bring a large saucepan of water to the boil and add the cauliflower. Blanch for 2-3 minutes, then drain. Put a tea towel over the steaming cauliflower and leave to dry for a few minutes
2. Mix the lime juice and zest with the garlic and oil. Put the cauliflower and cashew nuts in a roasting tin and pour over the lime and garlic mixture, mixing thoroughly. Season with salt and pepper
3. Roast in the oven for 10 minutes, and then sprinkle over the parmesan. Roast for a further 10 minutes until the cashew nuts are golden-brown and the cauliflower has started to brown in places. Serve