



Roasted Cauliflower & Broccoli

Equipment

Sharp Knife
Chopping Board
Mixing bowl
Lamington Tin
Brush

Ingredients

½ Head of Cauliflower
½ head Broccoli
2 Tablespoons Olive Oil
¼ to ½ teaspoon of Salt
½ teaspoon Garlic Powder
½ teaspoon Chili Powder

What to do

Preheat the oven 230°C. Brush and line a baking tin with olive oil. Cooking Time 20 - 25 mins

Task 1 : Prepare the ingredients

Chop the cauliflower & broccoli into little florets.

Task 2 : Mix

Add them to a bowl along with all of the seasonings, the olive oil, salt to taste, garlic powder and chili powder. Toss well to combine and to evenly coat the cauliflower.

Task 3 : Bake

Spread the cauliflower evenly on a baking sheet, and bake for 20 to 25 minutes, flipping once, until everything is browned and tender.

Serve as a side, on top of salad, or eat straight as it is as a snack. Great hot or cold!

