

Whole Roasted Cauliflower



Ingredients

- 1 cauliflower head, approximately 1kg
- ½ tsp ground nutmeg
- 2 cloves garlic, grated
- 4 tbsp wholegrain mustard
- ¼ cup Extra Virgin olive oil
- Salt & pepper to season
- ¼ cup dried breadcrumbs
- ¼ cup parmesan, grated
- 2 tbsp flaked almonds, toasted
- 1 handful parsley, chopped
- 1 lemon, cut into wedges

Method:

1. Preheat the oven to 180C. Combine the nutmeg, garlic and mustard with 2 tablespoons of olive

oil and season to taste with salt and pepper.

2. Trim the cauliflower of any outer leaves and trim the stalk so it sits flat, then cut a deep cross in the base of the stalk. Place the cauliflower on a greased baking dish and brush it all over with the mustard mixture. Cover with foil and bake for about 1 hour until tender.
3. Meanwhile, combine the breadcrumbs and parmesan together with the remaining 2 tablespoons of olive oil. Uncover the cauliflower and sprinkle with the seasoned breadcrumbs. Turn the oven up to 200C and bake for another 15-20 minutes until the cauliflower is golden.
4. Scatter flaked almonds and parsley over the cauliflower, then carve and serve with lemon wedges.