

# 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.