



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CAULIFLOWER & CHORIZO

Time: 45 minutes

Serves: 4

Ingredients:

60ml grapeseed or other neutral-flavoured oil
20ml lemon juice
4g kosher salt
600g cauliflower florets
400g fresh chorizo
3g flat-leaf parsley - finely chopped

Preparation:

Preheat your oven to 210C.

Combine the oil, lemon juice and salt. Drizzle over the cauliflower and toss to coat.

Place the cauliflower on a baking sheet and cook for thirty minutes or until it begins to brown heavily in spots.

While the cauliflower is roasting, place a frying pan on medium-high heat.

Remove the chorizo from its casing. Fry, breaking into chunks and stirring occasionally until browned.

Plate the cauliflower topped with the chorizo and sprinkled with the parsley. Serve immediately.

Nutritional Information Per Serving:

Calories: 516
Fat: 47g
Carbs: 9g
Fibre: 4g
Protein: 17g