



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

**Time: 45 minutes**

**Serves: 4**

### **Ingredients:**

2g middle Eastern or Indian chili powder  
1g ground cumin  
1g ground cinnamon  
1g loomi (ground dried lime)  
0.25g ground cloves  
0.25g fresh ground black pepper  
0.25g ground cardamom  
0.25g ground nutmeg  
0.25g ground coriander  
40g extra-virgin olive oil  
600g cauliflower florets  
5g kosher salt  
Lime zest for garnish

### **Preparation:**

Preheat oven to 230C.

In a small bowl combine all spices.

Place a large, oven-safe frying pan on medium heat and add the oil. When the oil is hot, add the spice mix, stirring often for one minute.

Add the cauliflower and salt, tossing to coat.

Remove the pan from the burner and place in the oven for 30 minutes.

Serve warm garnished with lime zest.

### **Nutritional Information Per Serving:**

Calories: 118  
Fat: 10g  
Carbs: 8g  
Fibre: 4g

Protein: 3g