

Pan-Fried Cauliflower

PREP TIME: 5-10 MIN | COOK TIME: 7-10 MIN | SERVINGS: 3-4

INGREDIENTS:

- 1 head of cauliflower (about 3-4 cups florets)
- 2 Tbsp of oil
- 1 clove garlic, minced
- Salt and pepper, to taste
- Squeeze of lemon (optional)
- Grated parmesan or nutritional yeast (optional)

RECIPE NOTES:

- For a complete meal, serve with your favorite protein and a starch/carb source.
- Try frozen cauliflower florets as a budget-friendly option that reduces prep time.
- Broccoli would also work well in this recipe in place of cauliflower!

DIRECTIONS:

- Rinse cauliflower under running water.
- Remove any leaves and trim the stem, then cut into small, bit-sized florets (little trees).
- Heat oil in skillet over medium-high.
- Add cauliflower, season with salt and pepper, and stir to coat. Let cook without touching about 3 minutes, or until golden brown on the bottom. Flip and cook for an additional 3 minutes or until golden brown and tender.
- Stir in minced garlic and cook for another minute.
- Remove skillet from heat. If using, squeeze lemon juice on top and sprinkle with cheese. Serve immediately.



RECIPE ADAPTED FROM
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