

# Coconut-Turmeric Cauliflower

Adapted from: Mikaela Reuben (*MindBodyGreen*)

**Prep time:** 10 minutes  
**Cook time:** 30-35 minutes

**Total time:** 40-45 minutes  
**Serves:** 6



## Ingredients

1 ½ tbsp. coconut oil + 1 tbsp. to coat cauliflower  
1 shallot, chopped  
1-inch ginger, peeled and chopped  
1 stalk lemon grass

6 kaffir lime leaves  
1 head cauliflower  
1 tbsp. turmeric powder  
pinch sea salt

## Instructions

1. If you can grill the cauliflower, opt for this rather than broiling. If using oven, turn oven to broil, or turn on grill.
2. Peel the outside leaf of the lemon grass off, pound or press the inside with a wooden spoon to help release aromas, and chop into smaller ½ inch pieces.
3. Add coconut oil, shallot, and ginger to a medium-sized pot.
4. Once the shallot has softened add lemongrass and kaffir lime leaf. Leave on low heat to simmer for about 30 minutes or longer.
5. Cut the stem off the cauliflower head. Cut the florets off the stem making them approximately 1-2 inches big.

6. Massage a little coconut oil onto the cauliflower and sprinkle with sea salt and put into the oven. Keep a close eye as the cauliflower as it won't take long to cook.
7. When the cauliflower is lightly browned take it out of the oven.
8. Strain the contents of the pot and drizzle or toss through cauliflower.
9. Sprinkle with sea salt and toss with turmeric until each piece is bright and orange and enjoy!