

Spicy Cauliflower

Adapted from: Pizzeria Delfina / Michelle Tam (*Nom Nom Paleo*)

Prep time: 5-10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Serves: 4



Ingredients

1 large head of cauliflower
2 tbsp. coconut oil
salt
¼ cup capers, drained (optional)

¼ cup Italian parsley, chopped
2 cloves garlic, thinly sliced lengthwise
1 tsp. Aleppo pepper or red pepper flakes

Instructions

1. Take apart cauliflower and trim around the core to release the florets.
2. Heat the coconut oil in a cast iron skillet over medium-high heat. When it shimmers, drop in the cauliflower florets along with a generous sprinkle of salt. (Note: Don't overcrowd the skillet. Fry in two batches if you must!)
3. While the cauliflower browned in the skillet, mince the garlic, measure the capers, and chop the parsley.
4. Flip the florets as they cook until they are brown all over (about 8-10 minutes).
5. Once the cauliflower is browned and toasty, toss in the capers, parsley, and garlic and stir-fry everything until the garlic is browned.
6. Add in the Aleppo/red pepper and adjust seasonings.