



SOUS
VIDAS
DOT
COM

LEMON TAHINI CAULIFLOWER

- 2 heads of cauliflower, washed
- 8 cloves of garlic, peeled and minced
- 1/2 bunch of parsley leaves (tender stems are cool, let's be real here), chopped
- 1 - 2 lemon's worth of zest
- 1 lemon's worth of juice
- 1/4 c of well stirred tahini (it's that sesame paste you use in hummus. Check the nutritional facts, it's heavy with oil. Make informed decisions.)
- 1/3 c water
- extra virgin olive oil
- salt
- pepper
- sesame seeds

- 1** Preheat the oven to 500 degrees F. Break up the cauliflower into like sized florets.
- 2** Toss the cauliflower with oil (about 2T), season with salt and pepper. Spread them on a greased pan (I use a silpat, I dig it).
- 3** Bake 12-15 minutes, until the cauliflower is fork tender and slightly browned.
- 4** Meanwhile, sauté garlic in about 1T of olive oil over medium heat until fragrant, about 1-2 minutes. Stir in lemon, tahini, water. Simmer 1-2 minutes over low. Remove from heat.
- 5** Toast sesame seeds in a dry pan over medium heat until fragrant.
- 6** When the cauliflower is done, toss it with the sauce, parsley and zest.
- 7** Divide onto plates and sprinkle with toasted sesame seeds.

NOTES