

Garlic Cauliflower and Mushrooms: Easy Skillet Side Dish

Get ready to transform simple vegetables into a remarkably flavorful and satisfying dish! This



TIME
1 min

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INGREDIENTS

1 head cauliflower, cut into florets
2 tbsp olive oil
3 cloves garlic, minced
8 oz mushrooms, sliced (cremini or button)
Salt and black pepper, to taste
1/4 tsp red pepper flakes (optional)
2 tbsp chopped fresh parsley, for garnish
Grated Parmesan cheese, for serving (optional)

Swaps and Notes:

Cauliflower: Ensure the cauliflower is cut into uniform, bite-sized florets for even cooking.

Mushrooms: Brown (cremini) mushrooms offer a deeper, earthier flavor than white button mushrooms, but either will work well.

Garlic: Freshly minced garlic is highly recommended for the best aroma and flavor.

Olive Oil: Extra virgin olive oil will add more flavor. You can also use a mix of olive oil and a tablespoon of butter for extra richness.

Red Pepper Flakes: These add a subtle warmth. Omit for no heat, or increase for more spice.

Fresh Parsley: Adds a fresh, vibrant finish. Fresh cilantro or chives could also be used for a different flavor profile.

Parmesan Cheese: Grated Parmesan adds a salty, umami finish and is highly recommended if you're not avoiding dairy.

DIRECTIONS

1. Let's get this delicious : Garlic Cauliflower and Mushrooms cooking in your skillet!
2. Prepare the : Cauliflower: Cut the head of cauliflower into bite-sized florets. Rinse the florets under cold water, then drain them very well. Pat them thoroughly dry with paper towels. Removing excess moisture is crucial for getting them to brown and soften rather than steam.
3. Cook the : Garlic: Heat the olive oil in a large skillet (a nonstick or cast iron skillet works great) over medium heat. Add the minced garlic and cook for about 1 minute, stirring constantly, until it becomes fragrant. Be careful not to allow the garlic to brown or burn, as burnt garlic will taste bitter.
4. Add the : Cauliflower: Add the prepared cauliflower florets to the skillet with the fragrant garlic. Cook for about 5-7 minutes, stirring occasionally, until the cauliflower begins to soften and starts to turn golden brown in spots.
5. Add the : Mushrooms: Once the cauliflower is slightly tender and has some color, add the sliced mushrooms to the skillet. Continue to cook for an additional 5-7 minutes, stirring occasionally, or until the mushrooms are softened, have released their liquid, and are golden brown.
6. Season the : Dish: Season the cauliflower and mushroom mixture generously with salt, black pepper, and the red pepper flakes (if you're using them), all to taste. Stir everything well to combine, ensuring the seasonings are evenly distributed.
7. Finish and : Serve: Remove the skillet from the heat. Transfer the cooked garlic cauliflower and mushrooms

to a serving dish. Garnish generously with chopped fresh parsley for a burst of color and fresh flavor. Optionally, sprinkle grated Parmesan cheese over the top before serving for an extra layer of savory goodness.

- 8.** Enjoy: Serve the skillet dish hot as a delicious and nutritious side dish or a light main course.

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TIPS FOR SUCCESS

Dry Cauliflower: Patting the cauliflower dry is essential for it to brown and caramelize properly.

Don't Overcrowd: Cook the cauliflower in batches if your skillet isn't large enough to avoid overcrowding.

Crowding can lead to steaming instead of browning.

Watch the Garlic: Garlic burns quickly.

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