

## Garlic Cauliflower and Mushrooms: A Simple and Savory Side

Garlic Cauliflower and Mushrooms



**OVEN**  
**400°F**

**TIME**  
**25min**

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**Recipe Card**

**SAVE**  
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### INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 8 oz mushrooms, sliced
- Salt and black pepper, to taste
- 1/4 teaspoon red pepper flakes (optional)

#### Swaps and Notes:

**Cauliflower:** This recipe is a great way to use up cauliflower, but you can also use other vegetables. Broccoli florets, Brussels sprouts, or even chopped carrots would be delicious alternatives.

**Mushrooms:** Cremini mushrooms are a great choice for their rich, earthy flavor, but you can use any mushrooms you have on hand.

**Garlic:** Minced garlic is the key to the savory flavor of this dish. You can add more or less depending on your personal taste.

**Spices:** The salt, black pepper, and optional red pepper flakes are all you need for this simple dish. You can also add other spices like a pinch of smoked paprika, dried thyme, or a little bit of Italian seasoning.

**Oil:** Olive oil is a perfect choice for its flavor and for roasting the vegetables.

#### Instructions:

**Preheat Oven:** Preheat your oven to 400°F (200°C).

**Season the Cauliflower:** In a large bowl, toss the cauliflower florets with 1 tablespoon of olive oil,

half of the minced garlic, salt, and black pepper until everything is evenly coated.

**Roast:** Spread the cauliflower mixture on a baking sheet in a single layer. Roast in the preheated oven for 20-25 minutes, or until the cauliflower is lightly browned and tender.

**Sauté the Mushrooms:** While the cauliflower is roasting, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Add the sliced mushrooms and sauté for about 5-7 minutes until they are soft and browned.

**Combine:** Once the cauliflower is roasted, add it to the skillet with the mushrooms. Stir everything together to combine. Add the rest of the minced garlic and the optional red pepper flakes. Cook for another 2-3 minutes, allowing all the flavors to meld together.

**Serve:** Serve the garlic cauliflower and mushrooms hot as a delicious side dish or over a bed of rice as a vegetarian main course.

**Tips for Success:**

**Don't Overcrowd the Pan:** When roasting the cauliflower, make sure you spread it in a single layer. This ensures the cauliflower gets crispy instead of steaming.

**Brown the Mushrooms:** The key to a great mushroom flavor is to let them brown properly. Don't be afraid to let them cook for a few minutes until they are soft and golden.

**Season at the End:** You can season the dish with more salt and pepper at the end. This is a great way to ensure the flavors are balanced.

**High Heat Roasting:** A high oven temperature is crucial for getting that perfect crispy texture on the cauliflower.

**Serving Suggestions and Pairings:**

**Nutritional Information:**

**Storage and Leftover Tips:**

**Final Thoughts:**

## DIRECTIONS

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9. Season at the : End: You can season the dish with more salt and pepper at the end. This is a great way to ensure the flavors are balanced.
10. High : Heat Roasting: A high oven temperature is crucial for getting that perfect crispy texture on the cauliflower.
11. Serving Suggestions and Pairings: This dish is incredibly versatile. It is a fantastic side dish for roasted chicken, steak, or a simple fish. You can also serve it as a vegetarian main course over a bed of quinoa or rice.
12. For a drink pairing, a light white wine or a crisp sparkling water would be a perfect complement.
13. Nutritional Information: (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. This is a healthy and well-rounded side dish. Cauliflower is a great source of Vitamin C and fiber, while mushrooms provide vitamins and minerals. The olive oil adds healthy fats. It's a delicious and satisfying meal that is perfect for a balanced diet.
15. Storage and Leftover Tips: Leftovers of this dish are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can place it in a skillet and reheat it over medium heat until it's hot and crispy again.
16. Final Thoughts: This Garlic Cauliflower and Mushrooms recipe is a timeless classic for a reason. It's a flavorful, easy, and healthy meal that is perfect for any occasion. The combination of a crispy texture and a savory seasoning is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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