

Roasted Garlic Cauliflower and Mushrooms: A Flavorful Vegetarian Meal

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OVEN
400°F

TIME
20-25 min

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INGREDIENTS

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

DIRECTIONS

- 1.** Preheat : Oven: Preheat your oven to 400°F (200°C).
- 2.** Season the : Cauliflower: In a large bowl, toss the cauliflower florets with 1 tablespoon of olive oil, the minced garlic, a generous pinch of salt, and black pepper until everything is evenly coated.
- 3.** Roast the : Cauliflower: Spread the cauliflower mixture in a single layer on a baking sheet. Roast in the preheated oven for 20-25 minutes, or until the cauliflower is lightly browned and tender.
- 4.** SautØ 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 sautØ for about 5-7 minutes, until they are browned and tender.
- 5.** Combine and : Finish: Once the cauliflower is done, add it to the skillet with the mushrooms. Stir everything together to combine. Season with additional salt, black pepper, and the red pepper flakes if you're using them. Cook for another 2-3 minutes to allow the flavors to meld together.
- 6.** Serve: Serve the roasted cauliflower and mushrooms hot as a delicious side dish or over a bed of rice for a vegetarian main course.

SWAPS & NOTES

Cauliflower: You can use other vegetables here, too.

Broccoli florets, brussels sprouts, or even chopped carrots would work beautifully with this method.

Mushrooms: Cremini (baby bella) mushrooms have a great earthy flavor, but white button mushrooms are also delicious.

Spices: The red pepper flakes add a nice kick, but you can omit them if you prefer.

TIPS FOR SUCCESS

Single Layer Roasting: The key to getting perfectly roasted, browned cauliflower is to spread it out in a single layer on the baking sheet.

If you crowd the pan, the cauliflower will steam instead of roast.

Don't Overcook: Keep an eye on the cauliflower in the oven; you want it to be tender-crisp, not mushy.

Brown the Mushrooms: Make sure you get a good sear on the mushrooms.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/roasted-garlic-cauliflower-and-mushrooms-a-flavorful-vegetarian-meal/>