# Blackened Cauliflower

By Millie Peartree

Tim 55 minutes

Rati <sub>ng</sub> 4 ★★★★★ (259)

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Bobbi Lin for The New York Times. Food Stylist: Maggie Ruggiero.

Blackening cauliflower brings out its best, giving it deep color and flavor. What results is a dish that is delicious enough that you'll want to eat it on its own, but also great as part of something bigger, paired with salmon, tossed in a salad, or set atop a grain bowl. While blackening cauliflower may seem complicated, it's not. The florets are tossed with rich spices (smoked paprika, garlic powder, onion powder, redpepper flakes, thyme and sumac, if you like), then roasted at a high heat until the edges crisp up and darken. Double or triple this recipe and make it part of your meal prep; it keeps well for a few days in the refrigerator.

#### **INGREDIENTS**

# Yield: 4 servings

1 cauliflower head (about 2 pounds), core and leaves removed, head cut into 2-inch pieces

2 tablespoons olive oil1 teaspoon smoked paprika

#### **PREPARATION**

### Step 1

Heat oven to 450 degrees. Place a rack in the center of the oven.

# Step 2

Add cauliflower pieces to a large bowl with oil and all seasonings; mix together. Add the cauliflower

1 teaspoon kosher salt 1 teaspoon onion powder 1 teaspoon garlic powder ½ teaspoon red-pepper flakes ½ teaspoon dried thyme ½ teaspoon black pepper ½ teaspoon sumac (optional)

florets to a 13-by-18-inch rimmed sheet pan in a single layer, spacing them out as much as possible.

## Step 3

Bake on the center rack until deep golden brown and cooked through, 35 to 40 minutes, stirring halfway through, and serve.

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#### **Ingredient Substitution** Guide

**Nutritional Information** 

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#### Kate 2 weeks ago

Delicious and easy weeknight veggie side! Great spice blend. I cooked mine at 425 so as not to turn the cauliflower to complete mush, and it turned out blackened and crisp.

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