



Spicy Grilled CAULILINI® baby cauliflower with Pine Nuts

Servings
8

Calories
140

Prep Time
30 minutes

Total Time
35 minutes

Skill Level
Easy

Ingredients

- 2 pounds CAULILINI® baby cauliflower
- ½ teaspoon red chili flakes
- 1 cup seasoned rice vinegar
- Zest of 1 lemon, julienned
- 16 garlic cloves, roasted
- 1 bunch Italian parsley, picked
- 2 ounces pine nuts
- 1 pinch Espelette chili powder



The Method

Trim CAULILINI® baby cauliflower as needed. Blanch it in heavily salted boiling water for 2 minutes, then transfer to a salted ice bath.

Place chili flakes, vinegar, lemon zest, roasted garlic, in a saucepan and simmer gently for 5 minutes.

Lightly toss CAULILINI® baby cauliflower in grapeseed oil, season and grill on medium to high until it is lightly charred, about 3-4 minutes.

Toss the grilled CAULILINI® baby cauliflower with the vinegar mixture, parsley leaves, and pine nuts. Dust with the Espelette powder and serve.

By Chef Tony Baker, Montrio Bistro | Member, Mann's Chef Panel

Nutrition Facts

Serving Size: 171g | Servings: 8

Amount Per Serving

Calories 140 | Total Fat 6g (sat fat 1g trans 0g) | Cholesterol 0mg | Sodium 870mg | Total Carbohydrate 23g | Dietary Fiber 3g | Sugars 13g (Includes 0g Added Sugars) | Protein 3g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 8%