



# Spicy Grilled CAULILINI® baby cauliflower with Pine Nuts

**Servings**

4

**Calories**

150

**Prep Time**

15 minutes

**Total Time**

45 minutes

**Skill Level**

Medium

## Ingredients

1 (10 ounce) bag Mann's CAULILINI® baby cauliflower

¼ teaspoon red chili flakes

½ cup seasoned rice vinegar

Zest of 1 lemon, julienned

5 garlic cloves, roasted

2 tablespoons grapeseed oil

½ bunch Italian parsley, chopped

¼ cup pine nuts

1 teaspoon chili powder



## The Method

Blanch the CAULILINI® baby cauliflower by putting it into a large saucepan of boiling water for 2-3 minutes or until tender. Remove CAULILINI® baby cauliflower and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels. Set aside.

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. Sprinkle chili powder evenly on CAULILINI® baby cauliflower and serve.

### Nutrition Facts

Serving Size: 128g | Servings: 4

#### Amount Per Serving

Calories 150 | Total Fat 12g (sat fat 1g trans fat 0g) | Cholesterol 0mg | Sodium 35mg | Total Carbohydrate 11g | Dietary Fiber 3g |

Sugars 3g | Protein 2g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 8%