



BIO CAULIFLOWER WITH TURMERIC

Ingredients

1 cauliflower bio Actiture
4 tbsp of turmeric powder
1 tbsp of rosemary
1 pinch of salt

Pepper powder
4 tbsp of olive oil
2 garlic cloves
Parsley or fennel (optional)

Instructions

1. Chop the bio Actiture cauliflower into florets and boil for 3 minutes in a pot with salted water. Drain and reserve.
2. In a large bowl mix the olive oil, the chopped garlic cloves, the rosemary and the turmeric.
3. Pour the olive oil mixture into a baking pan or casserole and add the cauliflower florets. Sprinkle with salt and pepper. Stir.
4. Preheat the oven to 180° and bake the cauliflower for 15 minutes. Gratin it until the top gets golden brown for 2 or 3 minutes.
5. Serve with a pinch of parsley or fennel to decorate and create a delicious and healthy dish that everyone will enjoy.