

**SNACK**

Cauliflower popcorn

INGREDIENTS (1 serving)

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- 235g (8.2oz) cauliflower, cut into small florets
- 20ml (0.7 fl. oz) olive oil

A really great tasty snack to have on the go. Why not try experimenting with some spices to liven the cauliflower up.

METHOD

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Preheat your oven to 200°C (fan 180°C, gas mark 6).

Mix the cauliflower with the oil and a sprinkle of salt. Bake in the oven for 15–20 minutes, turning once, until tender.