



FINCH + FENNEL

Jamaican Jerk Cauliflower

PREP TIME: 45 minutes

COOK TIME: 20 minutes

INGREDIENTS:

1 Tbsp F+F Jamaican Jerk Seasoning

1 Cauliflower Head

Salt & Pepper, to taste

½ to ¾ c Olive Oil, or other neutral oil

1 tsp Honey

Juice of ½ Lemon



INSTRUCTIONS:

1. Begin by trimming your cauliflower into florets, trying to keep pieces about the same size, for even cooking.
2. In a large bowl, whisk together the F+F Jamaican Jerk Seasoning, salt, pepper & oil.
3. Place chopped cauliflower into the bowl & toss to ensure all pieces are well coated with seasoning.
4. Let sit for at least 20 minutes to marinate.
5. Cook in one layer in an air fryer at 375°F (or in the oven at 425°F) for 20 minutes, flipping them over at 15 minutes.
6. Mix together honey & lemon juice, and drizzle over cooked cauliflower florets.
7. Add more salt & pepper, if needed, and serve!

Enjoy!

