



HOW TO SAUTÉ CAULIFLOWER



Serves: 4



Prep Time: 5 minutes
Cook Time: 12 minutes

INGREDIENTS

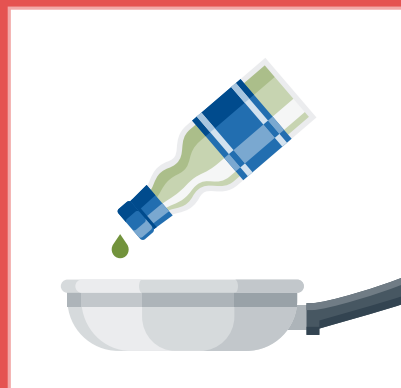
2 Tbsp. extra virgin olive oil

2 cloves garlic, minced

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

Salt & pepper, to taste

Juice of 1 lemon



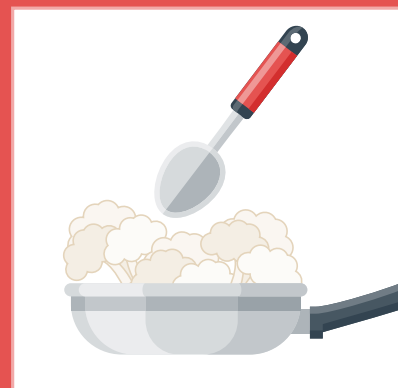
HEAT

Oil in a large skillet over medium-high heat.



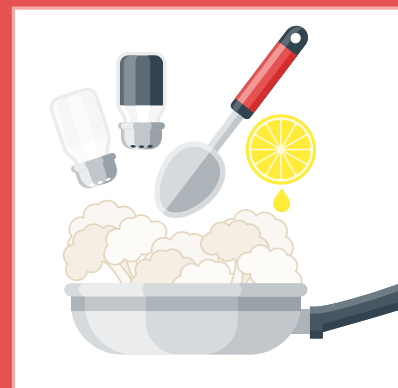
ADD

Garlic and cook for 1 minute.



COOK

Cauliflower florets for 10-12 minutes until lightly browned and tender.



SEASON

With salt, pepper and lemon to taste. Serve hot.



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