



HOW TO STEAM CAULIFLOWER



Serves: 4



Prep Time: 5 minutes
Cook Time: 7 minutes

INGREDIENTS

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

1/2 tsp. fine sea salt



BOIL

About 1/4 inch of water
in a large frying pan.



ADD

Sea salt and
cauliflower florets.



COVER

And steam until tender,
about 3 minutes for
tender-crisp, 7 minutes
for soft.



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