



Cauliflower!!!

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Big Cauliflower
1 tspn Chunky Sea Salt
3 tbsp Olive Oil

Instructions

By adding this I am not trying to bulk up my recipe!
It is so good, and so simple!!

Wash and separate the cauliflower into size of your choice.

Heat the oil together with salt. When I first tried this I used grape seed oil because I don't usually like to heat olive oil and grape seed oil is so versatile and won't interfere with taste of the ingredients. But because it is so plain, the whole thing was a bit plain and boring. Olive oil works better with this.

Add cauliflower and stir fry it till the edges of the vegetable is golden.

That's it!!! Enjoy :]