Oven

Roast Persian cauliflower with honey and pomegranate

Big golden florets with dark edges, a drizzle of honey and pomegranate seeds that burst when you bite into them.

Serves 4 · Prep 10 min

Equipment Large heavy roasting tray

Heat 220°C conventional or 200°C fan

Cook 25-35 min

Total 35-45 min plus preheat

You will need

1 large cauliflower, about 700 g after trimming
2 tbsp rapeseed oil
16 g Smoke & Flame Persian blend
¼ tsp fine sea salt
1 tbsp clear honey
60 g pomegranate seeds
1 tbsp fresh mint, small leaves, torn, optional
Allergens Check the spice blend label for allergens.

Method

1. Heat and season. Heat the oven to 220°C conventional or 200°C fan with a large tray inside. Cut the cauliflower into large florets, about 4-5 cm across, and pat dry. Toss with the oil, Persian blend and salt.

2. Roast. Carefully spread the florets across the hot tray, flat sides down where possible. Roast for 25-35 minutes, turning once after 15 minutes, until browned at the edges and tender through the stems.

3. Dress and serve. Transfer to a warm platter. Drizzle with the honey and scatter over the pomegranate seeds. Finish with torn mint leaves, if using.

What to look for Browned edges and stems tender to a knife

Cook’s note Give the florets room. Spread them over two trays or cook in batches if they crowd together.