

Greek Roasted Cauliflower Bowl

This bowl of Greek roasted cauliflower and couscous is great for an easy, vegetarian lunch.



Main Dish

Greek

30 min

Total time

Easy

Difficulty

415

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1/2 head cauliflower
- Couscous
- Extra-virgin olive oil
- Half of a red onion
- 2 tablespoons garlic
- 2 tablespoons oregano
- 1 tomato
- 1/2 cup feta cheese
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375 degrees Fahrenheit.
- 2 Chop the cauliflower and onion, and put them in a baking tray.
- 3 Drizzle with olive oil and the garlic, oregano, salt, and pepper. Roast in the oven for 20 minutes.
- 4 Cook the couscous according to the instructions and set aside.
- 5 Once the cauliflower and onion has finished roasting, mix in the tomato and feta cheese.
- 6 Serve the roasted cauliflower and onion in a bowl with the couscous.