



**For the cauliflower:**

¼ cup plus 1 tablespoon extra-virgin olive oil  
1 teaspoon ground coriander  
1 teaspoon ground fennel seed  
¼ teaspoon ground cumin  
½ teaspoon curry powder  
½ teaspoon salt  
1 head cauliflower, cut into medium florets  
1 onion, sliced ¼-inch thick  
2 tablespoons chopped parsley

**For the yogurt:**

½ cup full-fat Greek yogurt  
1 teaspoon extra-virgin olive oil  
Juice and finely grated zest of 1 lemon  
½ teaspoon finely chopped mint  
Pinch of salt

**WHAT TO DO:**

**1.** Preheat the oven to 450 degrees.  
**2.** In a large bowl, whisk spices and salt with ¼ cup of olive oil. Add the florets and toss until

evenly coated in the oil.

**3.** Spread cauliflower out on a baking sheet and roast for 15 minutes, flipping the florets halfway through roasting. The cauliflower is ready when just tender and nicely browned.

**4.** Whisk the yogurt, olive oil, lemon juice and zest together in a small bowl. Fold in the mint and season, to taste, with salt.

**5.** Heat 1 tablespoon of olive oil in a large sauté pan set over me-

dium heat. Add the onions and sauté for 6-8 minutes, or until they are soft and translucent but not yet browned.

**6.** Remove the onions from the heat and add the cauliflower to the sauté pan. Mix the vegetables together. Add the parsley and toss again.

**7.** Use the back of a spoon to spread the yogurt mixture onto four plates and pile the cauliflower on top.