

# Lunchbox Recipes

## Real Fruit Power Roasted Cauliflower Bake



### BAKED CAULIFLOWER DELIGHT

Make a delicious Tiffin recipe with crispy cauliflower and bread slices; make Baked Cauliflower Delight, a healthy choice.

### INGREDIENTS:

- Cauliflower florets-100 gm (finely chopped)
- Olive oil – 1 teaspoon
- Rosemary- 1 teaspoon (crushed)
- Black pepper- 1 teaspoon (freshly ground)
- Salt for taste
- Kiwi fruit- ½ (peeled and chopped)
- Butter- ½ teaspoon
- Bread slices-2(middle)
- Cheese slice-1
- Parsley spring-1-2

### METHOD FOR PREPARATION

#### Step 1

Pour olive oil in a deep bottomed bowl.

#### Step 2

Add rosemary, black pepper, and salt.

#### Step 3

Add cauliflower florets and mix well to marinate.

#### Step 4

Set aside in a tray for a few minutes.

#### Step 5

Insert the tray in the oven for 15-20 minutes.

#### Step 5

Chop 4-5 rosemary leaves and mix well with butter and keep the mixture in a small bowl.

#### Step 6

Spread evenly over bread slices.

#### Step 7

Heat tawa.

#### Step 8

Put the bread slices on the tawa.



## METHOD FOR PREPARATION

### Step 9

Set them aside when done.

### Step 10

Cut the bread slices into triangular pieces.

### Step 11

Place cheese slice over the bread slices.

### Step 12

Take out the baked cauliflower from the oven.

### Step 13

Pour out the baked cauliflower in the lunch box.

### Step 14

Sprinkle parley leaves.

### Step 15

Place the bread slices with cheese close to it.

## SERVING SUGGESTION:

Serve hot with real orange juice.

## GOODNESS

Baked Cauliflower Delight is a wonderful mix of good health and terrific taste. Your child will love the taste of crisp baked cauliflower and cheese bread sandwich.

