

Cauliflower Elote

Ratio 3.25:1, 5 servings 320 g/serving

total recipe 2511 kcal/33.6 Net CHO/245.7 FAT/41.5 PRO

502 kcal/6.7 Net CHO/49 FAT/8.3 PRO



Ingredients

Cauliflower, raw	800g (can be riced or chopped)
Olive oil	100g
Oregano, dried	1g
Cumin	2g
Garlic, granulated	5g
Salt	7g
Black Pepper	1g
Smoked Paprika	14g
Elote Aioli	
Mayonnaise	140g
Lime zest	1g (approximately the zest of 1 lime)
Lime juice	15g (approximately the juice of 1 lime)
Cilantro, fresh, minced	25g
Cotija cheese, crumbled	100 g

Equipment needed: oven, gram scale, cutting board, knife, micoplane zester, medium bowl, sheet pan, rubber spatula

1. Set oven to 375F.
2. If using whole head or cauliflower florets, chop the stems into small pieces (corn size) and then break apart the top florets (doesn't have to be perfect!) – varying sizes add great texture.
3. Place cauliflower on a parchment-lined sheet pan and evenly coat in olive oil and seasonings.
4. Roast cauliflower for 8-10 minutes.
5. Using spoon, stir cauliflower, put back in oven and roast for an additional 5 minutes (or until browned). Remove from oven and let cool.
6. In a medium mixing bowl, whisk together mayonnaise, zest, lime juice, cilantro, and cotija cheese (see notes).
7. Once cooled, fold in the cauliflower, serve immediately or place in the fridge until ready to serve.

Shelf-life: 3 days



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