



Sweet & Sour Cauliflower

Makes 4 servings. Recipe from [cooking.nytimes.com](https://www.cooking.nytimes.com).

Ingredients

6 tablespoons cornstarch (for the cauliflower) plus 1
teaspoon (for the sauce)
1 large cauliflower (about 2 pounds), cut into bite-
size florets
Salt and pepper
Extra-virgin olive oil
3 tablespoons ketchup
3 tablespoons sugar
2 tablespoons rice vinegar
2 tablespoons soy sauce or tamari
1 garlic clove, finely chopped
2 scallions, thinly sliced
Rice or noodles, for serving

Nutritional info

Calories	253
Fat	5g
Sodium	729mg
Carbohydrate	49g
Protein	4g
Dietary Fiber	2g

Directions:

1. Preheat it to 425° degrees.
2. Place 3 tablespoons cornstarch in a large bowl. Add the cauliflower, season with a big pinch of salt and pepper, and toss to coat. Drizzle in 2 to 3 tablespoons oil and toss until well coated. Add 3 tablespoons cornstarch and toss. Drizzle in another 1 to 2 tablespoons oil and toss well again, making sure there is no dry cornstarch on the cauliflower.
3. Grease a sheet pan with a drizzle of olive oil. Arrange the florets in a single layer on the baking sheet and roast for 10 minutes. Remove from the oven, flip the cauliflower to encourage even cooking, and return to the oven for another 8 to 10 minutes, cooking until it is tender and golden around the edges.
4. While the cauliflower cooks, make the sweet and sour sauce: Place the ketchup, sugar, vinegar, soy sauce and garlic in a small pot. Heat over medium, stirring, until the sugar melts and the mixture starts bubbling around the edges, about 1 minute. Whisk the remaining 1 teaspoon cornstarch with 2 tablespoons of water, then slowly pour the cornstarch slurry into the pot, stirring constantly, until the mixture thickens, about 1 minute.
5. To serve, transfer the cauliflower to a bowl and drizzle the sweet and sour sauce over the florets. Top with scallions. Serve over rice or noodles.