

Roasted CurrySpiced Sweet Potatoes and Cauliflower

Savannah · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This roasted cauliflower and sweet potato dish is a quick easy and healthy side dish that comes with a bit of heat

Ingredients

- - 2 sweet potatoes
- peeled
- and cut into 3/4-inch chunks - ½ head cauliflower
- cut into bite-size pieces - ¼ teaspoon freshly ground black pepper - 2 tablespoons olive oil - 1 tablespoon curry powder - 1 tablespoon maple syrup - 2 cloves garlic
- minced - 1 teaspoon dried thyme - 1 teaspoon sea salt

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper. Combine sweet potatoes
2. cauliflower
3. black pepper
4. olive oil
5. curry powder
6. maple syrup
7. garlic
8. thyme
9. and salt together in a bowl until evenly coated; spread onto the prepared baking sheet. Bake in the preheated oven until vegetables are tender and lightly browned
10. about 20 minutes.