
Garlic Mushrooms Cauliflower Skillet

1 medium-sized cauliflower,
cut into small florets
2 tablespoons olive oil
1 small onion, finely chopped
3 cloves garlic, minced
8 ounces (about 225g)
mushrooms, sliced
1 teaspoon dried thyme
1 teaspoon dried rosemary
Salt and pepper to taste
1/4 cup vegetable broth
2 tablespoons nutritional
yeast (optional, for added
flavor)
Fresh parsley, for garnish
(optional)

- ➊ Steam or blanch the cauliflower florets for 3-4 minutes, or until they are slightly tender. Drain and set aside.
- ➋ In a large skillet, heat the olive oil over medium heat.
- ➌ Add the chopped onion and minced garlic to the skillet. Sauté for 2-3 minutes until the onions become translucent and fragrant.
- ➍ Add the sliced mushrooms to the skillet and continue to cook for 5-7 minutes, or until they release their moisture and start to brown.
- ➎ Season the mushrooms with dried thyme, dried rosemary, salt, and pepper. Stir well to distribute the herbs evenly.
- ➏ Pour in the vegetable broth to deglaze the skillet, scraping up any browned bits from the bottom.
- ➐ Add the steamed cauliflower florets to the skillet and toss everything together. Cook for an additional 5-7 minutes, allowing the cauliflower to absorb the flavors.
- ➑ If desired, sprinkle nutritional yeast over the cauliflower and mushrooms for extra flavor. Stir well to combine.
- ➒ Taste and adjust the seasoning with more salt and pepper if needed.
- ➓ Garnish the Garlic Mushrooms Cauliflower Skillet with fresh parsley, if desired.
- ➔ Serve hot as a side dish or a light main course. It's a healthy and satisfying option for a w-w meal.