

Cauliflower Tacos

Crispy roasted cauliflower tacos with Mexican spices. Easy vegan recipe with step-by-step instructions. Perfect healthy alternative to meat tacos!

15 min

PREP

25 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Cauliflower Tacos

Ingredients

- 1 cauliflower
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 8 corn tortilla

Instructions

- 1 Prepare the oven and equipment**

Preheat oven to 425°F (220°C). Line a large baking sheet with parchment paper.
- 2 Prepare the cauliflower**

Cut 1 head of cauliflower into bite-sized florets, about 1-inch pieces. Pat completely dry with paper towels to remove all moisture.
- 3 Make the spice mixture**

Combine 1 teaspoon chili powder, 1 teaspoon cumin, 1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl.
- 4 Add cauliflower florets and 1 tablespoon olive oil to the spice mixture. Toss with your hands until every piece is evenly coated with oil and spices.**
- 5 Roast the cauliflower**

Spread cauliflower in a single layer on the prepared baking sheet, ensuring pieces don't overlap. Roast for 20-25 minutes until edges are golden brown and crispy, and florets are fork-tender.
- 6 Warm the tortillas**

During the last 5 minutes of roasting, warm 8 tortillas in a dry skillet over medium heat for 30 seconds per side until soft and pliable, or wrap in damp paper towels and microwave for 30 seconds.

7 Assemble and serve

Fill each warm tortilla with roasted cauliflower and serve immediately with desired toppings while the cauliflower is still crispy.

Tips

Cut cauliflower florets into uniform sizes, about 1-2 inches, to ensure even cooking and prevent some pieces from burning while others remain undercooked.

Don't skip the oil when tossing the cauliflower with spices. The oil helps the seasonings adhere and promotes browning and crisping during roasting.

For extra crispy cauliflower, pat the florets dry with paper towels before seasoning, as excess moisture can prevent proper browning.

Warm your tortillas just before serving by heating them in a dry skillet for 30 seconds per side, or wrap them in damp paper towels and microwave for 30 seconds.

Prepare your toppings while the cauliflower roasts to streamline the assembly process and ensure everything is ready at the same time.

For meal prep, store roasted cauliflower separately from fresh toppings to maintain optimal textures throughout the week.

Try different spice combinations like adding smoked paprika for a deeper flavor, or oregano and lime zest for a brighter profile.

If your cauliflower isn't browning well, increase the oven temperature to 450°F and roast for a few additional minutes, watching carefully to prevent burning.