

Oven Baked Cauliflower

Crispy oven-baked cauliflower with garlic yogurt sauce. A healthy Mediterranean appetizer that's vegetarian, gluten-free, and packed with flavor.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Oven Baked Cauliflower

Ingredients

- 1 cauliflower
- 1 cup flour
- 3 tsp sunflower oil
- 1 lemon
- 1 cup plain yogurt
- 2 clove garlic
- 1 tsp salt

Instructions

- 1 Prepare the cauliflower**

Preheat oven to 400°F (200°C). Cut 1 head of cauliflower into uniform bite-sized florets, removing all leaves and thick stems.
- 2** Bring a large pot of salted water to a rolling boil. Add cauliflower florets and cook for 5-6 minutes until fork-tender but still firm to the bite.
- 3** Drain cauliflower thoroughly in a colander and pat completely dry with paper towels. Let cool for 5 minutes until safe to handle.
- 4 Make the batter**

Whisk together 1 cup flour, 3 teaspoons olive oil, and 1 teaspoon salt in a large bowl. Gradually add 3/4 cup water while whisking until the batter is smooth and free of lumps.
- 5** Line a large baking sheet with parchment paper and lightly brush with oil.
- 6 Coat and bake**

Dip each cauliflower floret into the batter, allowing excess to drip off for 2-3 seconds. Arrange coated florets on the prepared baking sheet with at least 1 inch of space between pieces.
- 7** Bake for 20-25 minutes until the coating is golden brown and crispy when tapped with a fork.
- 8 Prepare garlic yogurt**

Mince 2 cloves garlic very finely and stir into 1 cup plain yogurt until well combined.
- 9** Transfer baked cauliflower to a serving platter and serve immediately while hot with the garlic yogurt sauce alongside.

Tips

Blanch cauliflower until just fork-tender – overcooking will make it mushy and difficult to handle when dipping in batter.

Let blanched cauliflower cool slightly and pat dry with paper towels before battering to help the coating adhere better.

Make the batter smooth but not too thick – it should coat the back of a spoon but still drip off easily.

Use parchment paper instead of greasing the pan for easier cleanup and to prevent sticking.

Don't overcrowd the baking sheet – leave space between pieces for even browning and crisping.

Prepare the garlic yogurt sauce while cauliflower bakes, allowing flavors to meld for the best taste.

Serve immediately after baking for maximum crispiness, though the dish is still delicious at room temperature.