

Roasted Cauliflower Tacos with Chipotle Romesco



Smoky, roasted cauliflower tacos with a spicy chipotle romesco sauce! An easy (30 minutes!) and flavorful plant-based meal that's versatile, healthy, and so satisfying!

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PREP TIME	COOK TIME	TOTAL TIME
5 minutes	25 minutes	30 minutes

Servings 4 (3-taco servings)

Course Entrée

Cuisine Gluten-Free, Mexican-Inspired, Spanish-Inspired, Vegan

Freezer Friendly No

Does it keep? 3 Days

Ingredients

CAULIFLOWER

- 2 small heads cauliflower (chopped into bite-sized pieces // smaller pieces roast more quickly!)
- 2-4 Tbsp avocado or coconut oil (if avoiding oil, omit or sub with water)
- 3 tsp ground cumin
- 2 tsp [chili powder](#)
- 2 tsp smoked paprika
- 1 tsp sea salt

SAUCE

- 4 small-medium cloves garlic (**skin on**)
- 1/4 cup raw almonds
- 1 (15-ounce) can diced fire-roasted tomatoes (drained)
- 1-2 medium cloves raw garlic (peeled)
- 2 Tbsp olive oil (or sub water)

- 1 medium lime, juiced (~3 Tbsp or 45 ml as original recipe is written)
- 1/4 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp sea salt (plus more to taste)
- 1 Tbsp maple syrup (plus more to taste)
- 1-2 whole chipotle peppers in adobo sauce (more for spicier sauce)

FOR SERVING

- 12-15 whole corn tortillas (to keep grain-free, use my [Plantain Tortillas](#))
- Lime juice / wedges
- Fresh cilantro (*optional*)
- Thinly sliced red cabbage (*optional*)
- Pepitas (*optional*)
- Sliced avocado (*optional*)

Instructions

1. Preheat oven to 400 degrees F (204 C) and add cauliflower to 2 large baking sheets (use more baking sheets if increasing batch size). Add oil (or omit/sub water), cumin, chili powder, paprika, and salt. Toss to combine and roast on the bottom rack for 20-25 minutes or until golden brown and tender.
2. To a separate baking sheet, add raw almonds and the 4 unpeeled garlic cloves (amount as original recipe is written // adjust if altering batch size). Roast on the center rack for 10-12 minutes, checking at the 8 minute mark. If the almonds are dark brown and cracking, remove from the oven to avoid burning, but continue cooking garlic until light golden brown and slightly softened. Remove from oven and set aside.
3. While cauliflower finishes roasting, add drained, fire-roasted tomatoes to a [high-speed blender](#) along with almonds, roasted garlic (peeled), raw garlic (peeled), oil (or water), lime juice, paprika, cumin, salt, maple syrup, and chipotle peppers in adobo sauce.
4. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust flavor as needed, adding more lime for acidity, garlic for kick/zing, salt for saltiness, paprika or cumin for smokiness, maple syrup to offset heat/add sweetness, or chipotle peppers for more heat.
5. To serve, warm tortillas in the microwave or in the oven directly on the still-warm oven racks until pliable. Then add 1-2 Tbsp of the romesco sauce and a generous portion of cauliflower. Serve as is or garnish with lime juice/wedges, cilantro, cabbage, and/or pepitas (*optional*).

6. Best when fresh. Store leftover sauce in the refrigerator up to 1 week (or 1 month in the freezer), and the cauliflower in the refrigerator up to 3 days. Reheat cauliflower in a 350-degree F (176 C) oven until warm (best when fresh).

Notes

*Nutrition information is a rough estimate calculated without additional garnish (pepitas, herbs, etc.).

*Prep time does not indicate total hands-on prep time, but also includes prep completed while other items are cooking.

Nutrition (1 of 4 servings)

Serving: 1 (three-taco) serving **Calories:** 440 **Carbohydrates:** 51.6 g **Protein:** 10.1 g
Fat: 24.3 g **Saturated Fat:** 3 g **Trans Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 990 mg
Potassium: 688 mg **Fiber:** 9.3 g **Sugar:** 9.2 g

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