

# Roasted Cauliflower Tacos with Broccoli-Mango Slaw & Cilantro Sauce



30 minutes | 2 servings

## Find cookware

[aluminum foil](#)  
[baking sheet pan](#)  
[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[oven mitts](#)  
[tongs](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

½ (12 oz) pkg	broccoli slaw
½ medium head	cauliflower
½ small bunch	cilantro
2 cloves	garlic
½	jalapeño pepper
1	lime
½	mango
¼ cup	plain Greek yogurt
⅓ cup	pumpkin seeds
6	small corn tortillas
	chili powder
	cumin, ground
	extra virgin olive oil
	paprika
	salt

## Cook & enjoy

1 Preheat oven to 450°F. Line a baking sheet pan with aluminum foil to make cleanup easier (optional).

2 Wash and dry the fresh produce.

½ medium head cauliflower  
½ mango  
½ jalapeño pepper  
½ small bunch cilantro  
1 lime

3 Peel and mince garlic; place in a medium bowl.

2 cloves garlic

4 Add oil and spices to the bowl with the garlic; whisk to combine the spice oil.

2 tbsp extra virgin olive oil  
¾ tsp cumin, ground  
¾ tsp paprika  
¾ tsp chili powder  
¼ tsp salt

5 Cut leaves from the cauliflower, separate into bite-sized florets, and cut the thick stems into smaller pieces; add to the bowl with the spice oil and toss to coat. Transfer to the baking sheet and spread out in an even layer. (Reserve bowl for later use.)

6 Place baking sheet in the oven (it doesn't have to be fully heated) and roast, tossing halfway through, until cauliflower is golden brown and tender, 15-20 minutes. Remove from oven.

7 Meanwhile, peel mango and slice flesh away from the pit, starting with the flat sides. Small dice and place in the reserved bowl.

8 Quarter jalapeño pepper lengthwise; seed and remove ribs with a spoon. Small dice and add to the bowl with the mango. (Be careful with jalapeños; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)

- 9 Shave cilantro leaves off the stems; discard stems and mince the leaves. Add half of the cilantro to the bowl. (Place remaining cilantro in a small bowl and set aside for the sauce.)
- 10 Juice half of the lime into the bowl with the mango. Add broccoli slaw, pumpkin seeds, and salt; toss to combine the slaw and set aside. (Reserve remaining lime for the next step.)  
 $\frac{1}{2}$  (12 oz) pkg broccoli slaw  
 $\frac{1}{3}$  cup pumpkin seeds  
 $\frac{1}{8}$  tsp salt
- 11 Juice reserved lime into the bowl with the cilantro; add yogurt and salt. Whisk to combine the sauce and set aside.  
 $\frac{1}{4}$  cup plain Greek yogurt  
 $\frac{1}{6}$  tsp salt
- 12 Warm tortillas in a skillet, oven, or microwave (optional).  
6 small corn tortillas
- 13 To serve, divide tortillas between plates; fill with slaw, cauliflower, and sauce. Enjoy!