



**CRISPY CAULIFLOWER  
LEAVES AND STEMS**

# CAULIFLOWER LEAVES & STEMS



Prep time



Cook time



Serves

A Recipe by OzHarvest

## NEED

Cauliflower leaves  
and stems

Oil (any kind)

Seasoning (we used  
salt and pepper)

Hey - you can eat that! Not only are cauliflower leaves and stems super tasty, but they're a great source of fibre, iron and potassium. You can use them like any vegetable, or follow along below. Enjoy this as a snack or crispy topper for any savoury meal!

## HOW

1. Chop up your leaves and stems - any size is fine.
2. Glug some oil into a hot pan, add the stems. Cook until soft, then add the leaves, turn up the heat and cook until crispy.
3. Finish with salt and pepper (or any other seasoning you'd like).
4. Enjoy being a USE IT UP legend!



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**