

# ☆ Garlic Mushrooms Cauliflower Skillet

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**Prep:** 5 **Cook:** 20 **Total:**

Dinner

Low Cal



## Ingredients

- 4 tbsp unsalted butter (or ghee)
- 1 tbsp olive oil
- 1/2 onion, chopped
- 1/2 head cauliflower, cut into florets
- 1 pound (500 g) mushrooms, cleaned
- 2 tbsp low sodium vegetable stock
- 1 tsp fresh thyme leaves, chopped
- 2 tbsp fresh parsley, chopped
- 4 cloves garlic, minced
- Salt and pepper, to taste

## Instructions

1. To make the sauteed cauliflower and mushrooms skillet: Heat the butter and oil in a large pan or skillet over medium-high heat. Sauté the onion until softened (about 3 minutes).
2. Add the mushrooms and cook for about 4-5 minutes on all sides. Make sure the mushrooms render as much moisture as possible. Brown them a little more if necessary, to avoid the side dish becoming soggy at the end. Keep an eye on it so they don't burn either ;)
3. Once mushrooms are well browned, add cauliflower florets. Cook until golden and crispy on the edges, about 8-10 minutes. Veggies must be well browned.
4. Pour in the vegetable stock and cook for 2 minutes, to reduce the sauce slightly.
5. Add thyme, 1 tablespoon of parsley, and garlic. Cook the mushrooms and cauliflower for half a minute, until fragrant. Season generously with salt and pepper, to taste, sprinkle with remaining parsley, and serve the garlic butter mushrooms and cauliflower skillet immediately. Enjoy!