




Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals and contains choline which assists in brain development, improving learning and memory!



4 Cauliflower Steaks with Romesco Sauce

Hearty cauliflower steaks with a fresh and crunchy salad, served with romesco sauce.

 30 mins

 2 servings

 Plant-Based

25 June 2021

Spice it up!

If you like your romesco sauce with a bit of kick, add 1/2 tsp cayenne pepper before blending.

Per serve: **PROTEIN** 23g **TOTAL FAT** 51g **CARBOHYDRATES** 38g

FROM YOUR BOX

CAULIFLOWER	1
KALE	1/2 bunch *
CASHEW+NUTRITIONAL YEAST	1 packet (55g)
CHARGRILLED CAPSICUM DIP	75g
BABY LEAVES + BEET	1 bag (180g)
ALMONDS	1/2 bag (65g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar, lemon pepper

KEY UTENSILS

2 oven trays, stick mixer (or small blender), kettle

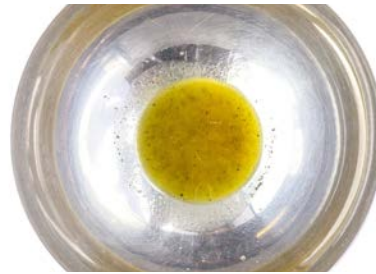
NOTES

For 2 serves, we recommend only using half the cauliflower for this dish. In order to not waste the remainder of your cauliflower you could use it to make a cauliflower and leek soup, roast the remaining florets to toss through a salad for extra bulk or put through the blender and make cauliflower rice.



1. ROAST CAULIFLOWER

Set oven to 220°C. Slice half the cauliflower into steaks (see notes), arrange on a lined oven tray, drizzle over **oil**, season with **1/2 tsp lemon pepper and salt**. Roast for 15-20 minutes on the top oven rack until browning around the edges and cooked through.



4. MAKE SALAD DRESSING

In a large bowl whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper**.



2. ROAST THE KALE

Remove the kale leaves from the stalks. Toss on a lined oven tray with **oil, salt and pepper**. Arrange so that the kale is in a single layer on the tray. Roast for 8-12 minutes on the bottom oven rack, until kale is a dark green, crispy but not burnt.



5. TOSS THE SALAD

Add the baby beet leaves salad mix to the bowl with the dressing, along with the crispy kale. Toss to coat well.



3. MAKE ROMESCO SAUCE

Boil the kettle.

Add cashew and nutritional yeast to a jug, pour over **1/4 cup hot water, 4 tbsp olive oil, 1 tsp vinegar, capsicum dip, salt and pepper**. Using a stick mixer, blend to a smooth consistency.



6. FINISH AND PLATE

Spoon a generous amount of romesco sauce on the plate, top with cauliflower steaks, sprinkle over almonds and serve with salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

