



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



K2

Roasted Cauliflower Steaks with Smokey Cashews

Roasted cauliflower steaks served with corn and capsicum salad. Scattered with smokey cashews and accompanied by jalapeño and lime mayonnaise.



30 minutes



2 servings



Plant-Based

2 December 2022

Keep it mild!

Not a fan of chilli heat? Leave the jalapeño out of the mayonnaise. Slice and serve on the side and add to taste.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	56g	50g

FROM YOUR BOX

CAULIFLOWER	1/2
CORN COB	1
CASHEWS	1 packet (40g)
JALAPEÑO	1
LIME	1
PLANT-BASED MAYONNAISE	1 jar (235g)
GREEN CAPSICUM	1
TOMATO	1
ALFAFA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, smoked paprika, maple syrup, vinegar (of choice)

KEY UTENSILS

oven tray, frypan

NOTES

If preferred, you can cut the corn into cobs and roast with the cauliflower. You could leave the kernels raw if preferred.



1. COOK THE CAULIFLOWER

Set oven to 220°C.

Mix together **2 tbsp oil, 1 tsp smoked paprika, 1 tsp thyme, 1 tsp maple syrup, salt and pepper**. Carefully cut the cauliflower into 2 steaks and place on a lined oven tray with any broken florets. Rub 3/4 of spice mix over steaks and roast for 20 minutes or until tender.



4. MAKE THE DRESSING

Finely chop jalapeño, zest and juice 1/2 the lime (wedge remaining). Mix together with 1/2 cup mayonnaise.



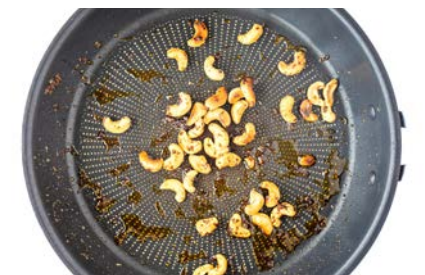
2. COOK THE CORN

Heat a frypan over medium-high heat with **oil**. Remove kernels from corn cob and add to pan (see notes). Cook for 3 minutes until starting to char and tender. Remove to a bowl. Keep pan over heat.



5. TOSS THE SALAD

Dice capsicum and tomato. Add to bowl with corn and sprouts. Toss together with 1/2 tbsp mayonnaise and **1/2 tbsp vinegar**. Season to taste with **salt and pepper**.



3. TOAST THE CASHEWS

Add cashews and remaining spice mix to frypan. Cook, stirring for 2-3 minutes until golden.



6. FINISH AND SERVE

Serve cauliflower steaks onto plates. Add salad on the side and sprinkle with cashews. Add jalapeño mayonnaise and a lime wedge.

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**

