



### Product Spotlight: Cauliflower

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



## Cauliflower Steaks

### with Romesco Sauce

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

### Spice it up!

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



30 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	28g	33g

## FROM YOUR BOX

CAULIFLOWER	1
KALE	3 leaves
ALMONDS	80g
CAPSICUM DIP	1 tub
BABY LEAVES + BEET	180g

## FROM YOUR PANTRY

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

## KEY UTENSILS

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

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. ROAST THE CAULIFLOWER

Set oven to 220°C. Slice cauliflower into steaks (see notes), arrange on a lined oven tray, drizzle over **oil**, season with **1 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 THE 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 leaves & beet salad mix to the bowl with the dressing, along with the crispy kale. Toss to coat well.



### 3. MAKE THE ROMESCO SAUCE

Finely chop almonds. Add **1/2 almonds** 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.



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