



CAULIFLOWER STEAKS

45 MINUTES

MAKES 4-6 SERVINGS

A whole new spin on cauliflower! This is a perfect, elegant vegetarian meal to serve at your next dinner party.

INSTRUCTIONS

For Romesco Sauce:

Place red peppers, tomato and onion, cut side down on a parchment lined baking sheet along with garlic and drizzle with olive oil and season with salt and pepper, roast at 425°F for 15-20 minutes until tender and skin browned.

Remove from oven, cover with foil and allow to sit 10 minutes, peel skin from pepper and tomato and remove top outer layer of onion. Blend together with vinegar and almonds and serve with roasted cauliflower and micro arugula.

For Cauliflower:

In an oven-safe, large skillet, over medium heat, heat oil. Season cauliflower steaks on both sides with salt and pepper to taste.

Sear cauliflower on each side for 1 minute, until golden brown and then place in 400°F for 3-4 minutes until just tender.

To Plate:

Smooth romesco sauce on plates, top with cauliflower, then micro arugula and drizzle with olive oil. Serve immediately.

Enjoy!

INGREDIENTS

1 Head of Cauliflower, cut into ½ inch slices, core intact,

1 Red Bell Pepper, halved and seeds removed

1 Roma tomato, halved and hulled

½ White Onion, peeled and halved

2 Cloves of Garlic, peeled, whole

½ Cup of Silvered, Blanched Almonds, lightly toasted

1 tbsp of Red Wine Vinegar

Ghee or Olive Oil

Salt and Pepper, to taste

1 Package of GoodLeaf Micro Arugula



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