



VEGAN, GLUTEN FREE | MAKES 1 SERVE

Cauliflower steak with herb sauce



Preparation time
10 minutes



Equipment required
**Chopping knife,
frying pan, spatula,
mixing bowl**



Cooking time
15 minutes

We think it's time to try something different, so we have turned the ordinary steak into a cauliflower steak! Having regular meat-free meals like this is good for the environment, our health and our wallets.



\$3.55/serve
Save **\$31.45**

Ingredients

- 1/2 cauliflower, 1 x 3cm thick slice cut from centre
- 1 bunch of parsley, stems and leaves finely chopped
- 2 cloves garlic, very finely chopped
- 1 red chilli, seeds removed and finely chopped

Pantry Items

- Salt and pepper
- 1 teaspoon paprika
- 2 tablespoons + 1/4 cup olive oil
- 1/2 teaspoon dried mixed herbs

Method

- 1 Rub both sides of steak with olive oil, paprika, salt and pepper.
- 2 Heat 2 tablespoons olive oil in frying pan over medium heat.
- 3 Add steak to frying pan, and cover with a lid. Cook for 7-8 minutes, until cauliflower is softened and golden brown on one side.
- 4 Meanwhile, in a mixing bowl combine parsley, garlic, chilli, 1/4 cup olive oil and mixed herbs. Set aside.
- 5 Turn steak over, and cook for a further 7-8 minutes, taking the lid off for the last 2 minutes.
- 6 Serve with herb sauce on the side or drizzled over the top.

Tips

Herb sauce can be kept in the fridge for a week - it works well as a dressing, dip or garnish (try it with our other recipes - shakshuka, flatbread pizza).
Use leftover cauliflower for Cauliflower Fried Rice recipe.



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