



CAULIFLOWER STEAK

WITH SPINACH RICE & CAPSICUM SAUCE

PREP TIME: 10mins
COOK TIME: 20mins
SERVES: 4

INGREDIENTS

4 roasted capsicum
(in brine or oil is fine)
2 cups of cooked spinach
1 cup of chopped parsley
4 cauliflower steaks
(1cm each)
1 cup of cooked rice
1/2 cup of roasted almonds
2 lemons
8 cloves of garlic
4 tsps garlic powder
2 tsp of garlic powder
4 tsps smoked paprika powder
salt and pepper
4 tsp of oil

DIRECTIONS

- (1) Heat the oil to a medium heat.
- (2) Cook the garlic in the oil for 5 mins.
- (3) Then add the spinach and let it wilt. Then add the rice and mix well.
- (4) Add garlic powder, pepper and salt and soy. Mix the rice well and take off the heat.
- (5) In a medium hot pan, cook each cauliflower steak for about 7 mins on each side or till golden brown. Make sure to season both sides of the steak during the cooking process. Then set the steaks aside.
- (6) In a blender combine the capsicum, paprika, salt and pepper and almonds. Add 1 tbl of some of the brining liquid from the capsicum jar. Or 1 tbl of vinegar and 2 tbl of oil.
- (7) Finally add 1/2 tsp of salt and 1/2 tsp of pepper to the blitzed and blitz hard! Keep it a little chunky.
- (8) Assemble the dish with the rice at the bottom, the steak on top and the sauce on the stew.
- (9) Enjoy!

