



Zest for Life

Roasted Cauliflower Steaks with Tahini Sauce Toasted Pine Nuts and Pomegranate Seeds

Serves 4

Ingredients

1 Large Cauliflower for or 2 medium cauliflowers

Pine nuts

Pomegranate Seeds

Smoked Paprika

Salt

Pepper

Tahini Sauce

1 cup Tahini paste

$\frac{3}{4}$ cup lukewarm water, or more for thinner consistency

3 cloves of garlic

$\frac{1}{4}$ cup fresh lemon juice or to taste

$\frac{1}{4}$ tsp salt

Method

1. Heat oven to 240C
2. Remove the outer green leaves from the cauliflower and trim the stem.
3. Use a large knife to cut the cauliflower in half lengthwise through the centre.
4. Cut a 1 $\frac{1}{2}$ inch thick steak from each half. If the head is large, cut one more steak from each of the cut sides.
5. Repeat with 2nd cauliflower if using.
6. Drizzle olive oil on both sides of the cauliflower steaks
7. Sprinkle smoked paprika, salt and pepper on both sides of the cauliflower steaks
8. Put the cauliflower steaks in a roasting tin/lipped baking sheet and cover with foil.
9. Bake for 5 minutes. Whilst the cauliflower is baking, toast your pine nuts in a small frying pan on the hob. Set aside to cool.
10. Remove the foil from the cauliflower tin, return to the oven and roast for a further 10 minutes..
11. Turn the cauliflower steaks over and roast unto a golden brown, about 6-8 minutes
12. While the cauliflower is roasting, make the tahini sauce by putting all the ingredients into a bowl and whisk until creamy. Add extra lukewarm water for a thinner consistency as desired.
13. I served with cooked, peeled and chopped zucchini and peas with lemon juice and chopped mint from the garden.