

HI GOOD LOOKING
It's time to get
cooking



Cauliflower Steaks with Olive Herb and Chilli Tapenade

Serves: 4 - 6
Prep time: 10 mins
Cooking time: 35 mins

INGREDIENTS

2 Tablespoons olive oil
1 Large cauliflower, cut crossways into four
1.5cm-thick pieces

TAPENADE

50g (1/4 cup) pimento-stuffed green olives,
finely chopped
60mL (1/4 cup) extra virgin olive oil
1 Garlic, crushed
1 Tablespoon lemon juice
1 Tablespoon chopped fresh continental parsley
1 Tablespoon chopped fresh basil
2 Teaspoons chopped fresh oregano
1 Fresh chilli, chopped
1 Teaspoon honey
Salt and black pepper to taste

METHOD

1. Preheat oven to 180C. Line 2 baking trays with baking paper. Heat 2 teaspoons of the olive oil in a non-stick frying pan over medium-high heat.
2. Add 1 cauliflower pieces to the pan. Cook, turning after 4-5 minutes or until golden. Transfer to prepared trays.
3. Season with freshly ground salt and pepper. Repeat with the remaining olive oil and cauliflower pieces. Roast cauliflower for 12-15 minutes or until tender.

TAPENADE

1. Meanwhile, combine the olives, extra virgin olive oil, lemon juice, parsley, oregano, basil, chilli and honey in a small bowl. Season with freshly ground salt and pepper.
2. Transfer the cauliflower to a serving dish. Top with the olive mixture.

