

# RECIPE OF THE WEEK

## Roasted Cauliflower Steaks

### Ingredients

- 1 large cauliflower
- 2 tbsp. Olive Oil
- 2 large cloves of garlic –  
grated or crushed
- Salt and pepper to  
taste
- ½ cup chimichurri  
sauce



### Preparation

1. Preheat the oven to 400°F and line a sheet pan with parchment paper.
2. Remove the green leaves from the underside of the cauliflower and trim the stem flat.
3. Rinse the cauliflower under cold running water and then dry with paper towels.
4. Place the cauliflower stem side down on a cutting board and carefully cut 2 sides off so they are flat.
5. Cut the cauliflower in half, then cut each half in half again for a total of 4 thick cauliflower slices
6. Place the cauliflower steaks/slices on the sheet pan.
7. In a small dish, combine olive oil and the grated/crushed garlic together, blending well.
8. Spread a tablespoon of the garlic-oil mix on both sides of each steak/slice.
9. Sprinkle with salt and pepper and transfer the sheet pan to the oven and roast the cauliflower steaks for 10 minutes. Turn the steaks' sides with a spatula and continue to roast for another 15 minutes or until tender when pierced at the stem with a skewer.
10. Serve each cauliflower steak with a tablespoon or more of chimichurri sauce.
11. Recipe yields 4 servings. Enjoy!

