



Pesto cauliflower steaks

Another delicious way to serve cauliflower. Serves 2. Per serve: Cal: 336; Fat: 34g; Pro: 6g; Carbs: 3g

Serves: 2, Prep time: 00:15, Cook time: 00:30

Instructions

Preheat the oven to 180 degrees Celcius and line a baking tray with baking paper.

Slice the cauliflower from top to bottom into two thick steaks and lay these on the baking tray. Brush each steak with a tablespoon of olive oil and season with salt and pepper.

In a small food processor, add parsley, pine nuts, olive oil, garlic, chilli flakes, salt and lemon juice. Blitz until combined into a pesto-type topping.

Press the parsley pesto into the steaks and crumble or layer the feta cheese on top. Roast for 25-30 minutes, until the tops are golden brown and the cauliflower is just cooked through.

(I used a harder goats cheese, but any type of goats cheese will work).

Ingredients

- 0.5 Cauliflower, medium
- 6 tablespoon Extra virgin olive oil
- 0.25 cups Parsley, raw
- 1 Garlic, cloves
- 0.25 cups Pine nuts
- 1 teaspoon Salt, Himalayan
- 1 tablespoon Juice, lemon
- 0.5 teaspoon Dried chilli flakes
- 50 grams Goat cheese