

PESTO CAULIFLOWER STEAKS

SERVES 2

TIME: 20 MINUTES

INGREDIENTS:

1 large head of cauliflower
3 TBSP vegetable oil
3-4 smashed cloves of garlic
1 TBSP butter
1 sprig of rosemary
S+P to taste

PESTO SAUCE (see above)

DIRECTIONS:

1. Preheat oven to 400° F.
2. Slice cauliflower into 1-1½ inch pieces (keep any remaining “crumbles”)
3. Heat large oven safe pan on medium to high heat and then add oil.
4. Place cauliflower in pan (if there are smaller florets, that didn’t make it into steaks, add those too).
5. Cook for 3-4 minutes on each side (each steak should be brown on both sides).
6. Turn off heat, flip the steaks and add butter, garlic and rosemary.
7. Place in the oven and cook for 6-8 minutes
8. Remove from the oven, plate, and garnish PESTO and with whatever you want! Kalamata olives, a little parmesan, parsley, tomatoes—it’s up to you.

NOTE: You can make the pesto sauce up to a week before!

SONG: I’ll be seeing you by Billie Holiday

