

Cauliflower Steak



1 Cauliflower

1 tbsp Extra virgin olive oil

1tsp Paprika

1tsp Turmeric

1/2tsp Chilli flakes

Options to use any spices/spice mix, Garlic powder, Salt & Pepper, Dukkah mix, cayenne pepper

*Remove leaves and stalk from cauliflower and cut into slices “steaks”
(Will provide approx 2-3 steaks, ends will fall as individual florets)*

Place slices on baking tray and drizzle over Extra virgin olive oil

Sprinkle the spices to cover the slices

Turn over and repeat process

(alternatively, mix oil and spices in a bowl and brush over both sides of the cauliflower)

Roast in oven for approx 20 mins at 180 degrees celsius