



# U C O O K

— COOKING MADE EASY

## Za'atar & Cranberry Cauliflower Steak

**with a honey and cranberry glaze, butternut mash & chimichurri**

A Za'atar-spiced cauli steak with perfectly charred edges and a juicy, nutritious centre. Served atop roast butternut mash and covered in chickpeas, sherry-pickled red onion, and toasted pistachios. The cherry on top? A gorgeously sticky cranberry sauce!

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Thandi Mamacos

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 **Vegetarian**

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## Ingredients & Prep

1	Cauliflower Steak
250g	Butternut Chunks <i>cut into bite-size pieces</i>
60g	Chickpeas <i>drained &amp; rinsed</i>
7.5ml	Za'atar Spice
15g	Pistachio Nuts
1	Red Onion <i>one half peeled &amp; finely sliced</i>
40ml	Honey Glaze <i>(30ml Sherry Vinegar &amp; 10ml Honey)</i>
20g	Dried Cranberries <i>roughly chopped</i>
15ml	Pesto Princess Chimichurri
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Milk (optional)  
Butter (optional)

**1. ROAST VEGGIE GOODNESS** Preheat the oven to 200°C. Place the cauliflower steak in the centre of a tinfoil-lined roasting tray and spread the butternut pieces around it. Coat in oil and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping at the edges. Place the drained chickpeas on a separate roasting tray. Coat in oil, season to taste, and spread out in a single layer. At the halfway mark, flip the cauliflower steak, dust with the Za'atar spice, and return to the oven. Pop the tray of chickpeas in the oven and cook for the remaining roasting time until crispy.

**2. LUXURY NUTS & HONEY-PICKLED ONIONS** Boil the kettle. Place the pistachios in a small saucepan over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Place the sliced red onion in a bowl with half of the honey glaze and submerge in boiling water. Add a generous pinch of salt, toss to coat, and set aside to pickle.

**3. MAKE THE RUBY CRANBERRY SAUCE** Place the cranberries in a small bowl with just enough boiling water to cover them and allow to soak for 5 minutes until rehydrated. On completion, return the saucepan to a medium heat with a drizzle of oil or a knob of butter. Add in the rehydrated cranberries and stir through the remaining honey glaze. Simmer for 2-3 minutes, stirring constantly, until sticky but still a fluid sauce. Remove from the heat and set aside for serving.

**4. MASH IT UP & GET READY FOR DINNER!** When the veggies are cooked, remove from the oven and transfer the butternut to a bowl. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until smooth and season to taste. Drain the honey glaze from the red onion.

**5. CAULI IN ALL HER GLORY...** Place the cauliflower steak on top of a bed of butternut mash. Scatter over the crispy chickpeas and drizzle with the sticky cranberry sauce. Generously cover with the pickled red onion and dollops of chimichurri. Garnish with the chopped, toasted pistachios and the chopped parsley. Gorgeous, Chef!



## Chef's Tip

Reserve the pickling liquid from the pickled onions, store it in the fridge, and use it for a second time in another meal!

## Nutritional Information

Per 100g

Energy	368kJ
Energy	90Kcal
Protein	5.9g
Carbs	13g
of which sugars	4.8g
Fibre	3.1g
Fat	1.9g
of which saturated	0.2g
Sodium	200mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook  
within  
4 Days