



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!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thandi Mamacos

 **Vegetarian**

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Ingredients & Prep

4	Cauliflower Steak
1kg	Butternut Chunks <i>cut into bite-size pieces</i>
240g	Chickpeas <i>drained & rinsed</i>
30ml	Za'atar Spice
60g	Pistachio Nuts
2	Red Onion <i>peeled & finely sliced</i>
160ml	Honey Glaze <i>(120ml Sherry Vinegar & 40ml Honey)</i>
80g	Dried Cranberries <i>roughly chopped</i>
60ml	Pesto Princess Chimichurri
15g	Fresh Parsley <i>rinsed, picked & 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 steaks on a tinfoil-lined roasting tray, coat in oil, and season to taste. Spread out the butternut pieces on a separate roasting tray, coat in oil, and season to taste. Roast in the hot oven for 35-40 minutes until cooked through and crisping at the edges. Place the chickpeas in a bowl, coat in oil, and season. At the halfway mark, flip the cauliflower steaks, dust with the Za'atar spice, and return to the oven. Scatter the dressed chickpeas over the tray of butternut and return to the oven for the remaining roasting time until the chickpeas are crispy.

2. LUXURY NUTS & HONEY-PICKLED ONIONS Boil the kettle. Place the pistachios in a 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 4-5 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