

CAULIFLOWER STEAK WITH HUMMUS

INGREDIENTS

CAULIFLOWER STEAK

- 1 cauliflower
- ½ cup hummus
- 1 ½ cups (1 can) chickpeas
- ½ tbsp chia seeds

CHIMICHURRI

- 1 jalapeno, minced
- 2-3 garlic cloves, minced
- ¼ cup red wine vinegar
- 1 tsp sea salt
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh parsley, chopped
- 1 tbsp fresh oregano, chopped
- ¼ cup aquafaba from the can

DIRECTIONS

1. Cut 1" cauliflower steak from head, parallel to the stalk, reserving rest for other purposes.
2. Make chimichurri sauce (marinade and topping) by blending all ingredients together in food processor. Add more aquafaba until desired consistency obtained.
3. Marinade cauliflower in ½ of this mixture for 30 minutes plus.
4. While this is marinating, dry chickpeas well, then roast at 350°F for 10-15 minutes or until crispy.
5. After 30 min+ of marinating, grill or roast cauliflower on high heat until golden brown and softened: around 5 min per side on high heat grill or 10 min per side in 400°F oven.
6. Serve cauliflower steak over hummus, garnish with chickpeas and remaining chimichurri sauce.

