



Cauliflower "Steak"

with Almond-Olive Relish and Beans



30-40min



4 Servings

Vegetables are really taking center stage these days, and we wanted to amplify their spotlight so we sliced a whole head of cauliflower into thick "steaks." Roasted until tender and served over garlicky mashed beans, we don't miss the meat. Our favorite part is the sweet-salty-crunchy relish spooned over the top. Don't worry if the cauliflower steaks fall apart a bit—they'll still be delicious....

What we send

- garlic
- crushed red pepper
- cauliflower
- lemon
- fresh parsley
- can cannellini beans

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 423.0kcal, Fat 28.5g, Proteins 9.5g, Carbs 34.0g



1. Prep cauliflower

Preheat oven to 425°F with a rack in top position. Trim leaves from **cauliflower** and cut from top to bottom, through core, into 3 or 4 steaks, about 1-inch thick (it's OK if some florets separate). Brush a rimmed baking sheet with **2 tablespoons oil**; add cauliflower and brush it with **2 more tablespoons oil**; season with **1 teaspoon salt** and **¼ teaspoon pepper**.



2. Roast cauliflower

Roast **cauliflower** on top rack until tender and underside is golden, 25-30 minutes. Switch oven to broil and broil until browned on top, 2-5 minutes (watch closely as broilers vary).



3. Make relish

Meanwhile, chop **olives** (remove pits if necessary) and **almonds**. Roughly chop **parsley leaves**, discarding stems. In a medium bowl, combine olives, parsley, almonds, **raisins**, and **¼ teaspoon crushed red pepper** (or more or less depending on heat preference). Zest **lemon** into bowl, then squeeze **2 tablespoons lemon juice** into relish. Stir in **2 tablespoons oil**.



4. Cook beans

Drain and rinse **beans**. Peel and thinly slice **2 large garlic cloves**. Heat **1 tablespoon oil** in a medium skillet over medium. Add garlic and cook, stirring occasionally, until garlic is sizzling, about 1 minute. Add beans, **¼ teaspoon salt**, and **a few grinds pepper**. Cook, stirring often, until warmed through, about 2 minutes.



5. Mash beans

Add **⅓ cup water** to **beans** and cook, mashing with a fork, to a coarse purée (should be mostly smooth). Season to taste with **salt** and **pepper**.



6. Serve

Spoon **beans** onto plates and top with **cauliflower steaks**. Spoon **almond-olive relish** over top and drizzle with **olive oil**. Enjoy!