



HEALTHY

Smoky Cauliflower Steaks

with Sweet Potato Mash and Mojo Sauce



30-40min



4 Portions

Hailing from the Canary Island, Green Mojo sauce is commonly slathered over seafood. But this vibrant piquant dressing, made by blending fresh parsley and coriander with olive oil and spices, is the perfect partner for vegetables too. Drizzle over whole roasted cauliflower, green beans and chickpeas with a sweet potato mash for a vego treat.

What we send

- cumin and coriander spice blend
- pepitas
- smoked paprika
- coriander, garlic, parsley
- chickpeas
- sweet potato
- cauliflower
- green beans

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- water

Utensils

- baking paper
- oven tray
- potato masher

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~Garlic used raw needs to be finely minced. A little salt on the chopping board helps.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 565kcal, Fat 30.2g, Carbs 43.8g, Proteins 19.4g



1. Prepare ingredients

Read through the recipe. Heat oven to 220C (see cooking tip). Line 2 oven trays with baking paper. Split the **cauliflower** into 4 large chunks with a sharp knife. Trim the **beans**. Rinse and drain the **chickpeas**. Peel and cut the **sweet potatoes** into 1.5cm chunks. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip).



4. Cook sweet potato

While the vegetables are roasting, put the **sweet potato** in a large saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until tender. Drain, then return to the pan. Add **2 tsp olive oil**, season with **salt and pepper** and mash until smooth. Cover and keep warm.



2. Season cauliflower

Combine **3 tsp smoked paprika**** and **2 tbs olive oil** in a large bowl and season with **salt and pepper**. Add the **cauliflower, beans and chickpeas** and toss to coat.



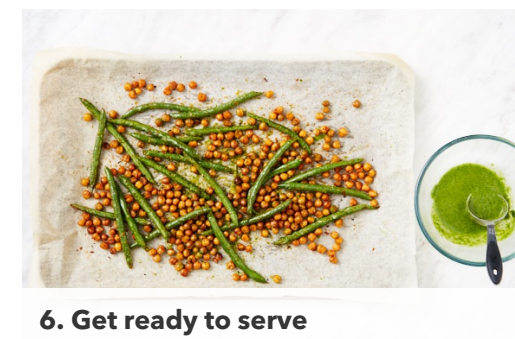
5. Make mojo sauce

Meanwhile, pick the **parsley** and **coriander** leaves, discarding the stems. Put the parsley, coriander, **garlic**, **1½ tsp cumin** and **coriander spice blend****, **2 tbs extra virgin olive oil**, **3 tsp red wine vinegar** and **3 tsp water** in a bowl. Using a stick blender, blend until smooth. Taste, then season with **salt and pepper**.



3. Roast cauliflower

Remove the **beans** from the bowl and set aside. Put the **cauliflower** and **chickpeas** on one lined tray and roast for 16 mins. Put the beans and **pepitas** to the other lined tray and roast the vegetables and chickpeas for 6 mins or until the cauliflower is golden and beans are tender.



6. Get ready to serve

Toss the **beans, chickpeas** and **pepitas** in **2 tbs of the mojo sauce** and season with **salt and pepper**. Divide the **mash, cauliflower, beans** and **chickpeas** among plates. Drizzle with the **remaining mojo sauce** to serve.