



Cauliflower "Steak"

with Almond-Olive Relish and Beans



30-40min



2 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

- 1 head cauliflower
- 2 (1 oz) Castelvetrano olives
- 1 oz salted almonds ¹⁵
- ½ oz fresh parsley
- 1 pkt crushed red pepper
- 1 lemon
- 15 oz can cannellini beans ¹⁷
- 1 oz golden raisins ¹⁷
- garlic

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 63g, Carbs 50g, Protein 16g



1. Prep cauliflower

Preheat oven to 425°F with a rack in the top position. Trim leaves from **cauliflower**, then cut 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, brush tops with **2 more tablespoons oil**, then 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, almonds, parsley, **raisins**, and **¼ teaspoon crushed red pepper** (or less depending on heat preference). Zest **lemon** into bowl, then squeeze **1 tablespoon juice** into relish. Add **1 tablespoon oil**; stir to combine.



4. Cook beans

Drain and rinse **beans**. 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 **½ 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 **oil**. Enjoy!