

DINNERLY



Oven-Fried Cauliflower Steaks with Gravy

Green Beans & Potato-Cauliflower Mash



40-50min



2 Servings

Caulit what you like, but tonight we're servin' up a fan favorite veggie, not one, but TWO ways! We love a classic steak and potatoes dinner as much as the next person, but we'll also take any excuse to go vegetarian for the night. Especially when creamy gravy and crisp-tender green beans are involved. It's the best of both worlds. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 1 potato
- ½ lb green beans
- 2 oz panko ²
- 2 (¼ oz) steak seasoning
- 2 (1 oz) cream cheese ³
- ¼ oz granulated garlic

WHAT YOU NEED

- 1 large egg ¹
- ¼ cup + 2 Tbsp all-purpose flour ²
- kosher salt & ground pepper
- neutral oil
- 4 Tbsp butter ³

TOOLS

- rimmed baking sheet
- microwave
- potato masher or fork
- small saucepan

ALLERGENS

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1030kcal, Fat 69g, Carbs 92g, Protein 23g

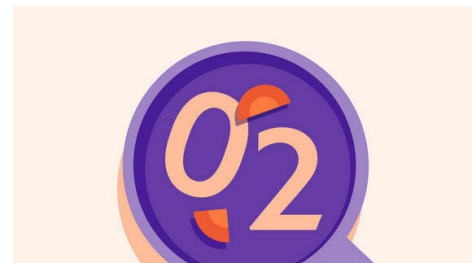


1. Prep veggies

Preheat oven to 450°F with a rimmed baking sheet on a rack in the lower third.

Trim stem end from **cauliflower**, then cut in half through the center. Cut into 2 (½-inch thick) steaks. Cut remaining cauliflower into 1-inch florets.

Peel **potato**; cut into 1-inch pieces. Trim stem ends from **green beans**.

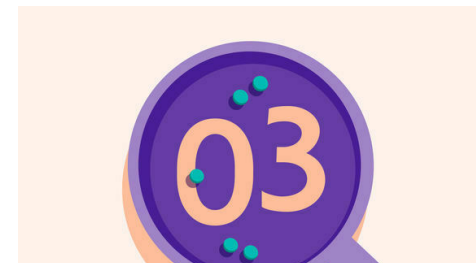


2. Dredge cauliflower

In a shallow bowl, whisk together **1 large egg**, **¼ cup each of flour and water**, and **1 teaspoon salt** until smooth. In a second shallow bowl, combine **panko**, **steak seasoning**, and **2 tablespoons oil**.

Drizzle preheated baking sheet with **2 tablespoons oil**.

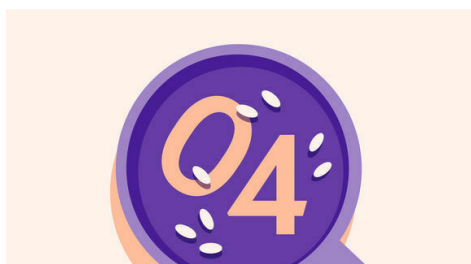
Season **steaks** with **salt** and **pepper**. Dip into batter, then panko, pressing to help adhere. Place on prepared sheet.



3. Cook cauliflower & potato

Bake **cauliflower steaks** on lower oven rack until golden-brown, about 20 minutes. Flip and continue baking, 10 minutes more.

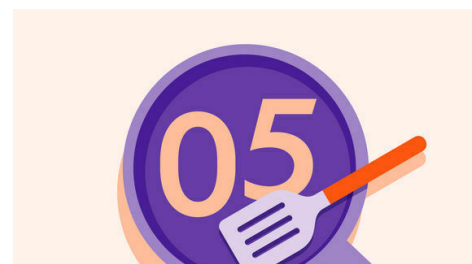
Meanwhile, in a medium microwave-safe bowl, combine **florets**, **potatoes**, and **2 tablespoons each of water and butter**. Cover with plastic wrap; poke a hole on the surface. Microwave on high until potatoes are tender and easily pierced with a knife, 12–15 minutes.



4. Cook beans, mash potatoes

Move **steaks** to one side of baking sheet. On open side, toss **green beans** with **2 teaspoons oil**; season with **salt** and **pepper** and spread into a single layer. Bake in oven until beans are tender and browned in spots, 6–8 minutes.

To bowl with **potatoes and florets**, add **half of the cream cheese**; mash with a potato masher or fork. Season to taste; cover to keep warm.



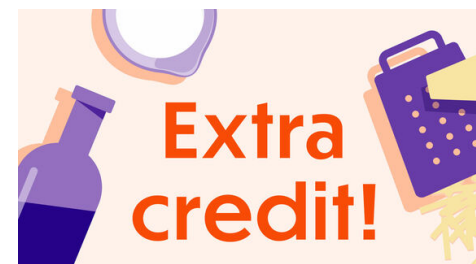
5. Make gravy & serve

In a small saucepan over medium, melt **2 tablespoons butter**; add **¼ teaspoon granulated garlic** and **2 tablespoons flour**. Cook, stirring until fragrant, 1 minute. Add **remaining cream cheese** and **1 cup water**. Bring to a boil; whisk constantly. Lower heat; simmer until thickened, 2–3 minutes. Season to taste.

Serve **cauliflower steaks** with **mash, gravy, and green beans**. Enjoy!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**



6. Jump on the gravy train!

The thickening component of gravy is roux, a mixture of liquid fat—like melted butter or oil—and flour. Start by whisking flour into the hot skillet in step 5 until a golden paste forms. Then slowly whisk in broth mixture and stir constantly to avoid lumps. Want that glistening glow? For an extra rich gravy that's smooth as silk, whisk in 1 tablespoon butter or heavy cream just before serving.