



# HARISSA CAULIFLOWER STEAKS WITH SAUTÉED LEMON GREENS & POTATO PUREE

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 570/SERVING



Creamy vegan potato puree with lemony sautéed swiss chard and spicy seared cauliflower make the perfect veggie-filled meal.

## WHAT YOU'LL NEED

- Blender or food processor
- Large pot
- Large pan
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper





## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

2 servings      4 servings

Potatoes	2-3	4-6
Cauliflower	1 head	1-2 heads
Swiss chard	1/2 bunch	1 bunch
Lemon	1	1
Garlic	1 clove	2 cloves
Vegan butter	1 tbsp	2 tbsp
Almond milk	1/2 cup	1 cup
Harissa glaze	2 tbsp	4 tbsp



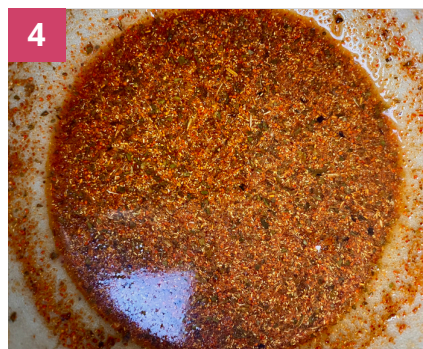
Preheat your oven to 425°F and prep your ingredients: quarter or chop the **potatoes** depending on size, roughly chop the **swiss chard**, halve the **lemon**, and mince the **garlic**. Slice the **cauliflower** into steaks: cut from the stem as the stem holds the steak together.



Bring a large pot of water to boil. Add the **potatoes** and boil until fork tender, about 15-20 minutes. Drain the **potatoes** then add to a blender or food processor along with the **garlic, butter, milk, and salt and pepper**. Blend until completely smooth.



Meanwhile, warm 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **cauliflower steaks** and sear on both sides until golden and crisp, about 3-4 minutes per side. Transfer to a baking sheet lined with a silicone mat or lightly greased.



While the **steaks** sear, combine the **harissa glaze** and 2 tsp of **water** (4 tsp for 4 servings) and season with **salt and pepper**. Brush both sides of the cauliflower with this **glaze**. Transfer to the oven and bake for 7-10 minutes until tender.



Meanwhile, add the **chard** to the pan you used for the cauliflower, along an additional 1 tbsp of **oil** (2 tbsp for 4 servings). Squeeze in the **juice of half the lemon** and season with **salt and pepper**. Sauté until just wilted.



Divide the **potato puree** between bowls and top with the **sautéed chard** and **cauliflower steaks**.

Nutrition Facts		Valeur nutritive	
Per Serving (889 g)			
pour 1 (889 g)			
<b>Calories 570</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 22 g			29 %
Saturated / saturés 3.5 g			23 %
+ Trans / trans 1.0 g			
<b>Carbohydrate / Glucides</b> 86 g			
Fibre / Fibres 16 g			57 %
Sugars / Sucres 16 g			16 %
<b>Protein / Protéines</b> 16 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 710 mg			31 %
Potassium 2950 mg			63 %
Calcium 350 mg			27 %
Iron / Fer 8 mg			44 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			