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## ROASTED CAULIFLOWER STEAKS WITH BEETROOT HUMMUS AND ZHOUG



DIFFICULTY

**1/5**



PREP TIME

**20'**



COOK TIME

**30'**



SERVES

**3-4**

### INGREDIENTS

2 pcs cauliflowers

#### For the cauliflower spread

10 grs smoked paprika

8 tbsp olive oil

salt to taste

#### For the hummus

400 grs chickpeas

250 grs baby beetroots

100 ml water

1 clove of garlic

50 ml lemon juice

120 grs tahini

1 gr sea salt flakes

#### For the zhoug

1 pack of parsley

1 pack cilantro

1 pack mini red chard

1/4 green jalapeño

2 tsp cumin

juice of one lemon

1 tbsp olive oil

10 ml water

1 gr salt

2 grs pepper

#### For plating

500 grs pine nuts

50 grs mini sprouts

## PREPARATION

- 1- Take off the green leaves of the cauliflower.
- 2- Cut cauliflower steaks lengthwise.
- 3- Brush the cauliflower steaks with smoked paprika from both sides mixed with olive oil.
- 4- Take the steaks to medium grill, 15 minutes each side.
- 5- Season the baby beetroots with olive oil and wrap in foil.
- 6- Roast baby beetroots in ember for about 13 minutes.
- 7- For the hummus: once beetroots are ready, mix with chickpeas, tahini, garlic, lemon juice and sea salt flakes. Blend it all until puree.
- 8- For the zhoug: mix parsley, cilantro, mini red chard, green jalapeño, cumin, water, lemon, olive oil, salt, pepper, and crush with a mortar.
- 9- Toast pine nuts on a griddle with olive oil for about 10 minutes each side on medium heat.
- 10 - For plating: spoon hummus over the plate, add roasted cauliflower steaks on top, add zhoug, mini green sprouts, and finish with toasted pine nuts and olive oil.