

Miso and Ginger Cauliflower Steak

A delicious vegetarian main, or side dish.

INGREDIENTS

- 1 small cauliflower – sliced into 3 or 4 thick slices
- Thumb sized piece of fresh ginger - peeled and grated
- 100 ml MISO DRESSING
- 2 cloves peeled garlic
- Butter and olive oil
- Fresh thyme
- Black sesame seeds and sliced spring onions

DIRECTIONS

1. Heat the butter and olive oil in a large sauté pan over a high heat. Place the cauliflower steaks into the hot pan and add the garlic and thyme. Pan fry until golden, swirling the hot fat over the cauli. You may have to cook one steak at a time depending on their size.
2. Heat the oven to 180 degs c, brush the cauli steaks with a tablespoon of **MISO DRESSING**, and sprinkle with the ginger. Roast for 15 minutes until golden and cooked.
3. Brush over some more **MISO DRESSING**, sprinkle with sesame seeds and the spring onions. Drizzle more dressing to taste.
4. Serve with brown rice or use as a vegetable side
5. Use the cauliflower trimmings to make cauliflower rice or soup.

