

WHAT'S FOR DINNER?

CAULIFLOWER STEAK WITH SPICED GRAIN

PREP 20 MIN | COOK 15 MIN | SERVES 4

BY SHAUN GRAVINA



INGREDIENTS

1 cauliflower, cut through the stalk into 4x2cm thick slices

150g pearly barley

Knorr Vegetable Cube

100g cooked couscous

200g canned chickpeas, drained & rinsed

$\frac{3}{4}$ cup mint

$\frac{3}{4}$ cup flat-leaf parsley

50g pistachio, coarsely chopped

30g dried cranberries, coarsely chopped

$\frac{1}{2}$ small onion, thinly sliced

100ml extra-virgin olive oil, for drizzling

For the spicy dressing

1tsp coriander seeds

1tsp cumin seeds

Lemon juice

1 small garlic, finely chopped

Chilli pepper, finely chopped

Extra-virgin olive oil

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METHOD

- Preheat oven to 200°C. Cut the cauliflower steaks and place on a greased oven tray. Drizzle some extra-virgin olive oil and season with salt, pepper and cumin seeds. Flip the steaks and repeat. Roast until golden brown for 12-15 minutes. Flip and roast again for another 8-10 minutes until tender.

- In a large saucepan, cook barley until tender. Add a Knorr Vegetable Cube mid-cook and mix until cube has dissolved. Drain and transfer to a mixing bowl to cool. Add in cooked couscous, chickpeas, onion, coarsely chopped pistachios, dried cranberries, fresh mint and parsley. Mix well and set aside.

- For the spicy dressing, roast coriander and cumin seeds in a frying pan on medium heat for 30seconds (until fragrant). Crush in a pestle and mortar. Combine garlic, lemon juice and chilli pepper then add extra-virgin olive oil until dressing is formed. Use half with the barley mixture and drizzle the rest on the cauliflower steaks (optional).