

Cauliflower Parmesan



Ingredients

- 1 Cauliflower Head, stem trimmed and cut vertically – into “steaks”
- 3 tbsp. Olive Oil
- Kosher Salt
- Pinch Black Pepper
- 1 ½ cup Tomato Pasta Sauce, e.g Ina Paarman
- ¼ cup Parmesan, grated
- 1 cup Mozzarella Cheese, shredded
- ¼ cup Basil Leaves, torn
- Red Pepper Flakes, crushed

tbsp = tablespoon

tsp = Teaspoon

ml = milliliter



Directions

1. Preheat oven to 180°C.
2. Grease your Chef Rectangular Dish.
3. Arrange the cauliflower in single layers in your Rectangular Dish, brush both sides with olive oil and season with salt and pepper.
4. Roast for +-10 minutes, flip once then roast until cauliflower is tender and golden, for +- 40 minutes.
5. Remove the dish from the oven and top each cauliflower steak with the tomato pasta sauce. Sprinkle with mozzarella and half of Parmesan.
6. Switch the oven to grill/broil, place the dish back into the oven and grill/broil the cauliflower until the cheese is golden in spots, +- 3 minutes.
7. Serve with remaining Parmesan, basil leaves and red pepper flakes and enjoy!

tbsp = tablespoon

tsp = Teaspoon

ml = milliliter

