



Roasted Cauliflower Steaks and Red Pepper Sauce

with Smashed Chickpeas and Potatoes

Deluxe Veggie

35 Minutes



Cauliflower
1 | 1



Roasted Pepper Pesto
½ cup | 1 cup



Almonds, sliced
28 g | 56 g



Garlic Salt
1 tsp | 2 tsp



Parsley
7 g | 14 g



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Yellow Potato
300 g | 600 g



Chickpeas
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Lemon
1 | 2



Cream
113 ml | 237 ml



Garlic, cloves
2 | 4

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook cauliflower

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Leaving core intact, slice **cauliflower** into **4 equal steaks**. Add **half the cauliflower** (use all for 4 ppl), **Smoked-Paprika Garlic Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with $\frac{1}{2}$ **tsp** (1 tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-30 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

2



Cook potatoes

- Meanwhile, cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water to cover** (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer, uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

3



Prep

- Meanwhile, drain and rinse **chickpeas**.
- Zest **lemon**, then cut in half. Juice **one half**. Cut **remaining lemon** into **wedges**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.

4



Make sauce and toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.
- Meanwhile, add **roasted pepper pesto** to a small microwave-safe bowl. Microwave until warmed through, 1-2 min.
- Stir in **1 tsp** (2 tsp) **lemon juice**.
- Set aside and cover to keep warm.

5



Make potato-chickpea mash

- Add **2 tbsp** (4 tbsp) **butter** to the same pan (used in step 4) over medium heat, then **chickpeas** and **chopped garlic**.
- Cook, stirring occasionally, until warmed through, 3-4 min.
- Add **drained potatoes** to pan. Remove the pan from heat.
- Season with **pepper**, $\frac{1}{2}$ **tsp** (1 tsp) **garlic salt** and $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **salt**, then lightly smash together.
- Add **cream**, **half the parsley** and **lemon zest**, then stir together. Set aside.

6



Finish and serve

- Divide **potato-chickpea mash** between plates.
- Top with **cauliflower steaks**.
- Spoon **roasted pepper pesto** over top.
- Sprinkle **remaining parsley**, **feta** and **almonds** over top.