



# CAULIFLOWER WITH LENTILS & GREMOLATA

## INGREDIENTS

### For The Cauliflower

1 Large Cauliflower  
2 tbsp Olive Oil  
Salt, Pepper & Garlic Powder

### For The Lentils

150g Puy Lentils, rinsed  
2 tbsp Olive Oil  
1 Small Onion, finely chopped  
1 Celery Stick, finely diced  
1 Carrot, finely diced  
1 Fresh Thyme Sprig  
375ml Vegetable Stock  
Squeeze of Lemon Juice  
Extra Virgin Olive Oil, to taste

### For The Gremolata

1 Bunch Italian Flat-Leaf Parsley  
2 Garlic Cloves  
1 Lemon  
Salt & Pepper  
Extra Virgin Olive Oil, to combine

## METHOD

- Preheat oven to 220°C/ Gas Mark 7. Line a baking tray with foil.
- Place the cauliflower on a chopping board with the stem side facing upwards; cut vertically into 4 steaks approximately even in thickness. Arrange the 'steaks' onto the prepared baking tray. Drizzle olive oil over the steaks; season with garlic powder, salt and black pepper. Roast in the preheated oven, turning once, for approximately 35 minutes or until soft in the middle and darkening around the edges.
- Whilst your cauliflower is roasting, heat the olive oil in a wide based saucepan over a medium heat. Add the chopped onion, celery and carrot and cook until the onion begins to soften.
- Add the lentils to the softened vegetables and stir until they are coated in the oil and cooking juices, then add the thyme sprigs and hot stock. Season with freshly ground black pepper. Bring to the boil, then reduce the heat and simmer for 15-20 minutes or until the lentils are tender, but still holding their shape and the stock is absorbed. Add a splash of boiling water if the lentils look dry during cooking. Discard the thyme sprigs.
- Whilst your lentils and cauliflower are cooking, wash and thoroughly dry the parsley and remove the stalks.
- To make the gremolata, add the parsley to a food processor with the juice and zest of a lemon, garlic, salt and pepper. Switch the blender to pulse and as the ingredients mix, slowly drizzle in the olive oil until all the ingredients are combined but still chunky. Season to taste and set aside.
- Add the lemon juice and a good glug of olive oil to your lentils, and season to taste.
- Serve your lentils either hot, warm or at room temperature with your cauliflower steak and a drizzle of gremolata.