

*Roasted
cauliflower
steaks served
with a pearl
barley tabouli*





Roasted cauliflower steaks served with tomato, red onion, cucumber and a pearl barley tabouli.

Serves 4



INGREDIENTS

- 1 cauliflower
- 2 tbsp olive oil
- Salt and pepper

- 1 cup pearl barley
- 2 cups vegetable stock
- 1 Lebanese cucumber
- 3 tomatoes
- 1 cup parsley leaves
- 1 small red onion
- ¼ cup apple cider vinegar
- ½ cup olive oil
- 1 lemon, zest and juice
- Dried or fresh pomegranate aerals

HOW TO

Preheat oven to 200° C.

Remove outer leaves of cauliflower and cut white florets into steaks across the width. Some parts not attached to the stem will break apart, these can be bunched together when roasting.

Arrange cauliflower steaks on a roasting tray, drizzle with olive oil, salt, and pepper. Roast for 30 minutes or until the edges are golden.

Meanwhile rinse the pearl barley and place it in a saucepan with 2 cups of vegetable stock. Cover, bring to the boil and cook for 15 minutes or until the stock is absorbed.

Discard any excess liquid left in the pearl barley and tip grains into a large salad bowl. Add lemon juice, olive oil and vinegar and leave to cool.

Finely dice cucumber, tomato, onion, and parsley. Stir through pearl barley.

To serve, arrange tabouli on a platter, top with cauliflower steaks, lemon juice and pomegranate aerals.