

CAULI STEAKS with CREAMY POLENTA & PUY LENTIL RAGU

INGREDIENTS

Cauliflower steaks

1 small cauliflower, sliced into 2.5cm steaks
Drizzle of olive oil
1 tablespoon chopped sage
Salt

Puy lentil ragu

1 tablespoon olive oil
1 large onion, chopped
2 cloves garlic, chopped
3 portobello mushrooms, sliced
2 carrots, grated
100g Puy lentils
2 teaspoons stock powder
500 mL water
Juice of 1/2 lemon
1 tablespoon tamari

Creamy polenta

100g polenta
400mL stock
2 tablespoons coconut yoghurt
1 tablespoon olive oil
1 teaspoon salt
100mL plant-based milk/milk
1 tablespoon chopped thyme
1/4 cup chopped parsley
2 tablespoons nutritional yeast

To serve

1/2 cup chopped herbs to serve

HOW TO MAKE

1. Heat oven to 180°C.
2. Arrange cauliflower steaks on a roasting tray and toss with olive oil and salt. Roast in oven for 20 minutes, turn and roast for a further 20 minutes until cooked and golden brown.



HOW TO MAKE CONT...

3. *Lentil ragu* - heat the oil in a saucepan and saute onion over medium heat for 10 minutes until soft and golden. Add garlic and saute for a few more minutes. Add the lentils, stock and water - stir well. Turn up heat and bring to boil - continue to boil for 10 minutes... turn heat down and cover with lid and simmer for 15 more minutes. Add the lemon juice and tamari and stir to combine.

4. *Creamy polenta* - heat 400mL stock in a saucepan and bring to boil. Slowly add the polenta, stirring continuously for a few minutes. Turn off heat.

5. Add the remaining ingredients to the polenta and stir to a smooth consistency.

6. *To serve* - pour the *Creamy Polenta* onto plates and then spoon over *Puy Lentil Ragu* and top with *Cauliflower Steaks*, and sprinkle with herbs.