

NEW LOOK!

THE VEGAN FOOD REVOLUTION

SEPTEMBER 2020 • ISSUE 32 • £4.99

PlantBased

101 VEGAN
recipes
ideas + more

5 A DAY

Pack your
meals
with
goodness

IN THIS ISSUE

Cultivating a
healthy gut

Mediterranean
feast

Nuts and
seeds

Weekend
meals

Pizza
PARTY



Omega Boosting Crackers p.87



WIN

THE ULTIMATE BBQ *worth*
& CAMPING KIT **£200!**

Polenta Cauliflower 'Steaks' with Salsa Verde

Serves: 2 as a main or 4 as a side

Crunchy, cheesy (from the nutritional yeast) and dairy-free, these cauliflower 'steaks' make every vegan smile. The tangy salsa verde harnesses all the power of English summer herbs, is equally good on leftover veggies, and really comes to life with a generous grinding of black pepper.

- 1 **cauliflower**
- 6 tbsp **olive** or **coconut oil**
- 4 tbsp **polenta**
- 2 tbsp **nutritional yeast**
- **Salt**
- Freshly ground **black pepper**

For the Salsa Verde:

- A large handful of fresh **parsley**
- A large handful of **basil leaves**
- 3 tbsp **olive oil**
- 1 tbsp **lemon juice**
- 1 small **garlic** clove
- Freshly ground **black pepper**

1 Preheat the oven to 200°C/400°F/Gas 6.

2 First make the salsa verde. Place all the ingredients in a food processor or blender and blitz until smooth. Spoon into a bowl and chill until ready to serve.

3 Wash and trim your cauliflower and cut it into 2.5cm-thick slices (depending on the size of the cauliflower you will get about 3 or 4 'steaks' out of it). You will be left with a few florets at the end; keep these as they can roast alongside the steaks.

4 Place the cauliflower slices in a large baking tray and drizzle all over with 3 tablespoons of the oil. Rub it in so they are all covered, then sprinkle over 2 tablespoons of polenta and 1 tablespoon of nutritional yeast, making sure they are evenly covered. Sprinkle with a little salt, turn the pieces over and repeat.

5 Roast in the oven for 15 minutes, then turn the cauliflower slices over and return to the oven for a further 5 minutes. It should be crunchy and golden on the outside with a little bite in the middle. Serve with the salsa verde.



- Recipe © Xochi Balfour, Naturopathic Nutritional Therapist, CNM graduate, from her book, *The Naturalista: Nourishing recipes to live well*, published by Headline Home, 2016.

thenaturalista.co.uk | [@xochibalfour](https://twitter.com/xochibalfour)
Photography by Rahel Weiss.

• **The College of Naturopathic Medicine** has an exceptional 22-year track record training successful natural health professionals online and in class. Colleges across the UK, Ireland and online.

cnmcourses.com | 01342 777747

Instagram: [@collegeofnaturopathicmedicine](https://www.instagram.com/collegeofnaturopathicmedicine)
Facebook: [@CNM.UK](https://www.facebook.com/CNM.UK)
Twitter: [@collegenatmed](https://twitter.com/collegenatmed)

• **CNM** recommends the use of organic ingredients

CNM

COLLEGE OF
NATUROPATHIC
MEDICINE

CNM 
Vegan Natural Chef

Become a CNM Vegan Natural Chef

- **Build a Culinary Career**
- **Improve Your Health**
- **Help Others**

Part-time Diploma Courses | London or Dublin

CNM is the UK and Ireland's leading college for natural therapies

Recipes created by CNM Vegan Natural Chef Graduates | © Photos CNM Natural Chef Kitchens

01342 777 747

cnmcourses.com



