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SEPTEMBER 2020 • ISSUE 32 • £4.99

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# 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](http://thenaturalista.co.uk) | [@xochibalfour](https://www.instagram.com/xochibalfour)  
Photography by Rahel Weiss.

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

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