



Tahini & Coconut Baked Cauliflower

WITH WALNUT OIL & ALMOND GREMOLATA (VEGAN)



INGREDIENTS

1 whole cauliflower, washed and trimmed at the base (not too much trimming or it won't hold together)
2 tbsp "Heart Smart" Plenty Safflower Oil
1 cup coconut cream
2 tbsp tahini paste
1 tbsp cumin
5 thyme stalks, leaves only
1 1/2 tbsp soy sauce
Salt & pepper to taste
2 limes, cut into wedges for garnish and finishing

Gremolata

20g parsley leaves, finely sliced
2 garlic cloves, finely chopped
4 tbsp Plenty Walnut Oil
1/4 cup toasted flaked almonds
1 small lemon, juice and zest
1/2 - 1 tsp salt to taste

Serves 6

Complexity - easy

20 minutes prep

30 minutes cook

METHOD

1. Preheat the oven to 180°C. Add the trimmed cauliflower to a large pot with a lid. Make sure the pot is big enough to take the whole cauliflower, then add about 3 - 5 cm of water, cover and steam for around 12 minutes, or until the structure of the vegetable is starting to soften.
2. While it's steaming, mix together Plenty Safflower Oil, coconut cream, tahini paste, cumin, thyme leaves and soy sauce in a large mixing bowl. Whisk well and taste for seasoning.
3. Place par-cooked cauliflower, whole, into a lined, large baking dish upside down. Cover with half of the creamy sauce mix, letting it drip through all of the stems. Tip the cauliflower up the right way around and repeat with the rest of the creamy sauce over the top of the vegetable.
4. Bake at 180°C for 20 - 30 minutes or until golden and cooked to al dente (still a little firm to cut). Baste with pan juices every ten minutes.
5. While the cauliflower is baking, mix the gremolata ingredients and set aside.
6. Serve cauliflower whole, drizzled in pan juices and topped with gremolata. Garnish with lime wedges, squeeze over to serve.

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>