

## INGREDIENTS

### *Cauliflower Steaks:*

1 head cauliflower  
1 Tbsp. olive oil, divided  
¼ tsp. kosher salt, divided  
freshly ground pepper  
1 Tbsp. chopped parsley, for garnish

### *Lentils:*

1 Tbsp. olive oil  
1 medium shallot, finely minced  
2 garlic cloves, finely minced  
1 tsp. paprika  
1 ½ cups water  
¾ cup dry lentils, rinsed  
2 Tbsp. tamari, divided  
1 tsp. apple cider vinegar  
1 tsp. honey

## DIRECTIONS

### *Directions for Cauliflower:*

1. Preheat oven to 450°F and line a large rimmed baking sheet with parchment paper.
2. Place the cauliflower head stem-side down on the cutting board and cut two 1-inch-thick slices of cauliflower *Continued...*

## Cauliflower Steaks w/Lentils

**SERVINGS: 4**

**RATE IT:** ☆☆☆☆



## DIRECTIONS

### Cauliflower Steaks w/Lentils

- ...from the center (the biggest part), starting at the top and cutting through stem end.
3. Set the steaks aside and break the remainder of the cauliflower into bite-sized florets, then transfer the florets to a medium mixing bowl for other uses.
  4. Rub the two cauliflower steaks with ½ Tbsp. of olive oil (total, so ¼ Tbsp. on each), transfer to the parchment-lined baking sheet, and sprinkle with a tsp. kosher salt and freshly ground pepper.
  5. Roast the cauliflower steaks for 15 minutes, then flip the steaks and roast for another 15 minutes. The steaks are done when they're browned on the outside and tender on the inside

### *Directions for Lentils:*

1. In a med. pot or saucepan with lid, heat oil over medium heat. Add minced shallot and garlic and cook, stirring frequently, until fragrant and starting to soften, about a minute.
2. Rinse lentils in strainer. Add paprika, lentils, water, and 1 Tbsp. tamari to the pot, bringing the mixture to a boil over high heat.
3. Reduce heat to low, cover pot, and simmer the mixture, stirring occasionally, for 45-55 min, until lentils are tender.
4. Remove pot from the heat and let the lentils sit, covered, for 10 minutes. Stir in the remaining 1 Tbsp. tamari, apple cider vinegar, and honey.
5. Serve cauliflower steaks over lentils and sprinkle with parsley for garnish