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Roasted Cauliflower Steaks with Einkorn and Crispy Sage



INGREDIENTS

2 pounds cauliflower
1 Granny Smith apple
1 bunch parsley (optional)
1 bunch sage
2 tablespoons butter
1 lemon
1 tbs Olive Oil
Salt and pepper to taste
$\frac{3}{4}$ cup Nature's Earthly Choice Einkorn (or Farro)

DIRECTIONS:

1. Cook the Einkorn according to packaging instructions.
2. Heat a medium pot of salted water to boiling on high. Once boiling, add the Einkorn. Cook, stirring occasionally, 19 to 21 minutes, or until tender. Drain thoroughly and set aside in a warm place.
3. While the Einkorn cooks, preheat the oven to 475 degrees. Wash and dry the fresh produce. Trim off and discard the stem and leaves of the cauliflower. Cut the head into 1-inch-thick slices (keeping them as intact as possible). Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Core and small dice the apple; toss with the juice of 2 lemon wedges to prevent browning. Pick the parsley and sage leaves off the stems; discard the stems.
4. While the Einkorn continues to cook, place the cauliflower steaks on a sheet pan. Drizzle with olive oil and season with salt and pepper on each side. Arrange in a single, even layer and roast 24 to 26 minutes, or until browned and tender when pierced with a knife. Set aside in a warm place.
5. While the cauliflower steaks roast, in a medium pan, heat 1 tablespoon of olive oil on medium-high heat until hot. Add the sage in a single, even layer; cook 30 seconds to 1 minute per side, or until dark green and crispy. Transfer to paper towel-lined plate and season with salt and pepper, leaving any remaining oil in the pan.
6. In the same pan used to crisp the sage, melt the butter on medium heat. Cook, occasionally swirling the butter around the pan, 1 to 2 minutes, or until golden brown and "nuttily" fragrant. Add the apple; cook, stirring frequently, 1 to 2 minutes, or until slightly tender. Add the cooked Einkorn and lemon zest; season with salt and pepper to taste. Cook, stirring frequently, 1 to 2 minutes, or until warmed through. Remove from heat.
7. Top the Einkorn with the roasted cauliflower steaks. Garnish with the crispy sage, parsley and remaining lemon wedges.



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