



EXPERIENCE THE HEALTH BENEFITS DRIVEN BY
the difference for tomorrow!

Cauliflower steak with mushrooms

Ingredients for 2 persons

Preparation time: 25 minutes

Ingredients

- 500 gram mushrooms
- 3 cloves of garlic
- 2 cm ginger
- 1 onion
- 100 gram spinach
- 1 fennel
- 70 gram creamy goat cheese
- Pepper and salt
- Nutmeg
- Ghee for baking

Preparation

Cut two pieces of cauliflower from the center of the cauliflower and steam them al dente. Put the rest of the cauliflower in the fridge or freezer.

Finely chop all vegetables and stir fry them in a wok pan. Season with salt and pepper and finally add 70 grams of goat cheese.

Fry the cauliflower steak in ghee and season with pepper, salt and nutmeg.

Scoop the stir-fried vegetables on a plate and place the cauliflower steak on top.

Tip: meat eaters can also replace the cauliflower steak with a real steak with mushroom sauce.

Enjoy your meal!

