

Tikka cauliflower steaks

Serves: 2

Preparation time: 10-15 minutes

Cooking time: allow 40 minutes

Serving suggestion: naan bread or chapatti

Ingredients:

- 1 head cauliflower
- 2-3 tbsp olive oil
- 2 tsp tikka spice mix
- ½ lemon, juice
- Salt and pepper to taste

For the sauce garnish:

- 1 red pepper, de-seeded, cut into triangles
- ½ onion, cut into wedges
- ½ butternut squash, peeled and sliced approx. 1cm thick pieces
- 2-3 tbsp olive oil
- Salt and pepper to taste
- ½ 450g jar tikka masala curry sauce
- ½ bunch coriander chopped
- ½ 400g tin chickpeas

Method:

1. For the garnish: pre-heat the grill. Brush the olive oil on the pepper, butternut squash and onion, then season. Grill each vegetable until cooked through. Red pepper approx. 3-5 minutes. Butternut squash approx. 8-10 minutes. Onion approx. 4-6 minutes.
2. Place the grilled vegetables in a saucepan along with the tikka masala sauce and chickpeas. Gently heat, and then stir in the coriander.
3. Remove the outer leaves of the cauliflower head; trim the stem end level so you can set the cauliflower flat on a chopping board. Carefully cut the cauliflower into 2 large steaks. Save the trimmings for another day.
4. Combine the olive oil, tikka spice mix, lemon juice and seasoning together. Brush the mix on both sides of the 2 steaks, set aside to marinate for 20 minutes.
5. Pre-heat the grill. Place the cauliflower steaks on the grill and cook for 8-12 minutes until golden brown.

6. Serve with naan bread or chapatti.