

**OVERALL time: 45 mins**

# Cauliflower steaks on creamy red pepper dip

A bold, plant-forward dish that proves cauliflower can be the star of the plate. These golden-roasted cauliflower steaks are seasoned to perfection and served on a silky, flavour-packed creamy red pepper dip with toasted almonds, tahini and a hint of lemon. Finished with fresh herbs and a final sprinkle of BBQ spice, it's an impressive yet easy recipe that works beautifully as a main or a standout side.

Metric

**Number of servings : 4**

## ingredients

### For the Cauliflower

- Olive oil to roast

### For the Red Pepper Dip

- 1 Medium red pepper washed and sliced, roasted in some olive oil until soft
- 60 ml Olive oil
- 40 ml Toasted chopped almonds
- 30 ml Tahini
- 30 ml Lemon Juice
- 15 ml Nutritional Yeast
- To taste, **Cape Herb and Spice Salt & Pepper**

### To serve

- Fresh herbs

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 25 mins**

1. Preheat the oven to 180 degrees Celsius.
2. Slice the cauliflower into slices, place on a parchment paper-lined tray, drizzle with olive oil, and the BBQ seasoning. Bake for 20-25 minutes until golden.
3. Add the cooked red pepper, along with the rest of the dip ingredients, and blend until super smooth.
4. Once the steaks are cooked, add the dip to a serving platter, then top with the roasted cauliflower steaks, fresh herbs, and another dash of BBQ seasoning.
5. Serve and enjoy!

Recipe by Mariza Ebersohn. Mariza is a freelance stills and reel food stylist, food photographer and recipe developer.

<https://capeherb.co.za>  
Metric

## ingredients

### For the Cauliflower

- Olive oil to roast

### For the Red Pepper Dip

- 1 Medium red pepper washed and sliced, roasted in some olive oil until soft
- 60 ml Olive oil
- 40 ml Toasted chopped almonds
- 30 ml Tahini
- 30 ml Lemon Juice
- 15 ml Nutritional Yeast
- To taste, **Cape Herb and Spice Salt & Pepper**

### To serve

- Fresh herbs

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 20 mins | COOKING TIME: 25 mins**

1. Preheat the oven to 180 degrees Celsius.
2. Slice the cauliflower into slices, place on a parchment paper-lined tray, drizzle with olive oil, and the BBQ seasoning. Bake for 20-25 minutes until golden.
3. Add the cooked red pepper, along with the rest of the dip ingredients, and blend until super smooth.
4. Once the steaks are cooked, add the dip to a serving platter, then top with the roasted cauliflower steaks, fresh herbs, and another dash of BBQ seasoning.

5. Serve and enjoy!

Recipe by Mariza Ebersohn. Mariza is a freelance stills and reel food stylist, food photographer and recipe developer.

<https://capeherb.co.za>