

BAKED CAULIFLOWER PARMESAN



Moderate



50 minutes



Lunch/Starter



04 Servings

INGREDIENTS

1 head cauliflower, trimmed and sliced into 1-inch steaks
2 tablespoons olive oil
½ teaspoon sea salt and freshly ground black pepper
1 teaspoon Italian seasoning
1 cup tomato passata/sauce
¼ cup freshly grated parmesan, divided
1 cup shredded mozzarella cheese
1 tablespoon chopped basil
½ teaspoon crushed red pepper flakes



COOKING STEPS

To make the cauliflower parmesan steaks: Preheat your oven to 425°F (225°C). Arrange cauliflower slices in a single layer on a rimmed baking sheet and brush both sides with olive oil. Season with salt, pepper, and Italian seasoning.

Roast the cauliflower steaks, flipping once, until cauliflower is tender and golden, about 30-35 minutes. Remove the cauliflower from the oven and top each cauliflower steak with marinara sauce. Sprinkle with shredded mozzarella and half of parmesan.

Switch your oven to grill mode and grill the cauliflower steaks until cheese is bubbly and golden for about 3 minutes. Sprinkle with remaining parmesan, chopped basil leaves and red pepper flakes and serve immediately.