

# Cauliflower Steaks with Roasted Red Pepper Sauce & Chimichurri

☆☆☆☆☆ NO RATINGS YET

These roasted cauliflower steaks are smoky, hearty, and bursting with flavor. Paired with a creamy roasted red pepper–walnut sauce and a vibrant fresh chimichurri, this dish makes a stunning vegan centerpiece for weeknight dinners or special occasions.



SERVINGS	PREP TIME	COOK TIME	TOTAL TIME
4	15 mins	30 mins	45 mins

## Ingredients

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### For the Cauliflower Steaks:

- 1 large head cauliflower cut into 2.5cm thick "steaks"
- 3-5 tbsp olive oil
- salt & pepper to taste
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp turmeric optional, for color & earthiness

### For the Roasted Red Pepper Sauce:

- 3 red bell peppers
- 1-2 handfuls walnuts
- juice of 1 lemon
- salt & pepper to taste
- Water as needed

### For the Fresh Chimichurri (No Garlic):

- 1 cup fresh parsley finely chopped
- 2 tbsp fresh oregano or 1 tsp dried
- 1 fresh chili finely chopped, or 1/2 tsp chili flakes
- 2-3 tbsp red wine vinegar or lemon juice

- 1/2 cup **olive oil**
- **salt & pepper** to taste

## Instructions

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- 1 Preheat** oven or air fryer to 200°C (400°F).
- 2 Season the cauliflower:**
  - Mix olive oil, paprika, cumin, turmeric, salt & pepper.
  - Brush both sides of the cauliflower steaks.
- 3 Cook the cauliflower & peppers:**
  - Oven: Place cauliflower steaks and whole bell peppers on parchment-lined trays. Roast for 25–30 minutes, flipping cauliflower once, until steaks are golden and peppers are blistered.
  - Air Fryer: Arrange cauliflower steaks and bell peppers in the basket together (if space allows). Cook for 20–25 minutes at 200°C, flipping the steaks halfway. The cauliflower should be golden and tender, and the peppers soft and charred.
- 4 Peel the peppers** once cooled, then discard skins.
- 5 Make the roasted red pepper sauce:**
  - Blend roasted peppers with walnuts, lemon juice, vegan parmesan, salt & pepper.
  - Add water gradually until smooth and creamy. Adjust seasoning.
- 6 Make the chimichurri:**
  - Mix parsley, oregano, chili, vinegar, olive oil, salt & pepper in a bowl.
  - Let sit 5–10 minutes to develop flavor.
- 7 Assemble:**
  - Spread roasted red pepper sauce on a serving plate.
  - Place the cauliflower steaks on top.
  - Drizzle generously with chimichurri.
  - Garnish with extra parsley.