Grilled Cauliflower Steak with Almond Pesto

Tender grilled cauliflower steaks topped with a vibrant, protein-rich almond pesto perfect for a healthy, low-carb meal.

Servings: 2 **Time:** 35 minutes

Ingredients

- 1 large head cauliflower
- 2 tbsp olive oil
- Salt and black pepper to taste
- 1 cup fresh basil leaves
- 1/3 cup raw almonds
- 1 garlic clove
- 1/4 cup grated Parmesan cheese
- 2 tbsp lemon juice
- 1/3 cup olive oil
- Salt to taste

Instructions

1. Preheat the oven to 425°F.
2. Remove green leaves from the cauliflower and slice the head into 3/4-inch thick steaks.
3. Brush both sides of each cauliflower steak with 2 tablespoons olive oil, then season with salt and black pepper.
4. Place the steaks on a baking sheet and roast for 20-25 minutes, flipping halfway, until tender and golden.
5. While cauliflower roasts, prepare the almond pesto: In a food processor, combine basil, almonds, garlic, Parmesan cheese, and lemon juice.
6. Pulse while slowly streaming in 1/3 cup olive oil until a thick pesto forms; season with salt to taste.
7. Once the cauliflower steaks are done, transfer to plates and generously spoon almond pesto on top.
8. Serve warm and enjoy a nutritious, low-carb meal.

powered by dishgen