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Dirk Lakeman

**COMMUNITY
NETWORK**

Quick Summer Cauliflower Steak with Fresh Gazpacho Style Salad

Looking for a light, tasty meal that's ready in no time at all? This quick cauliflower steak is topped with melted cheese and served with a refreshing gazpacho-style salad – perfect for warm summer days.

Ingredients

For the cauliflower steak

1 cauliflower
A knob of butter
A drizzle of olive oil
Worcestershire sauce
Grated or sliced cheese
Salt and pepper (optional)

For the gazpacho-style salad

1/3 cucumber, peeled
2 large tomatoes, peeled if preferred
1 small red onion
2 cloves of garlic
2 pickled red or green chillies (or a few pickled gherkins for a milder flavour)
A splash of cider vinegar
A drizzle of olive oil
Salt and pepper
A handful of dried brown breadcrumbs
Fresh basil leaves, chopped



**HEALTHY
EATING**



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Method

To make the cauliflower steaks

Cut two or three thick “steaks” from the centre of the cauliflower.

Heat the butter and olive oil in a frying pan over a medium heat.

Place the cauliflower steaks in the pan and drizzle with Worcestershire sauce.

Turn the steaks over, cover with a lid and cook for 5–6 minutes, turning once, until the cauliflower is tender. Check with a fork and cook a little longer if needed.

Top each steak with grated or sliced cheese, replace the lid and cook until the cheese has melted.



HEALTHY EATING

To make the gazpacho-style salad

Add the cucumber, tomatoes, red onion, garlic and pickled chillies (or gherkins) to a blender.

Pulse a few times until you have a chunky, rustic texture.

Season with salt and pepper, then add the cider vinegar and olive oil to taste.

Stir in the breadcrumbs and finish with freshly chopped basil.

A simple, satisfying summer meal that's packed with flavour and ready in under 20 minutes!

