

Vegan Cauliflower Bake

4-5 Heads of Cauliflower
3 cups of cashews
2 tsp crushed garlic
1 tsp of mustard
2-3 tbsp of lemon juice
1 Onion chopped finely
pinch Himalayan pink salt
1/2 cup willow vane wholemeal split breadcrumbs
1/2 cup of pumpkin seeds
3 pieces Botanical Cuisine macadamia feta

Pre-heat oven to 180 degree c

Place the cashews into the jug part of the stick blender and then cover with boiling water and allow to soak for 20min.

Prepare the cauliflowers by cutting off the unusable parts off and then cut heads into portions about the size of a small adult's fist. Then steam the cauliflowers till they are just cooked, don't overcook them. Take off the heat once done.

Place the cauliflower in a rectangle casserole dish 24cm x 35cm.

Blend the cashews with the boiling water with the stick blender. Then add garlic, lemon juice and mustard, Himalayan pink salt and taste. Pour this mixture over the cauliflower.

Roast the pumpkin seeds on a tray in the oven till golden brown about 5min

In a small fry pan cook the onion and place bread crumbs in pan to crisp a little.

Sprinkle the breadcrumbs and onion evenly over the top it will look a bit spares

Crumble the macadamia cheese and sprinkle evenly also

Sprinkle the roasted pumpkin seeds

Bake for 40min

The pumpkin seeds are nice in this recipe as they are a good vegetarian source of zinc. Most forms of zinc come from meat or seafood so it is very common for vegetarians and vegan to become deficient in it. Try to consume a good handful of pumpkin seeds daily