

Cauliflower Rice

1 Cauliflower roughly chopped
Herbamere

Place the cauliflower in a food processor and pulse into tiny pieces that look like rice.

Spread the cauliflower on baking trays lined with baking paper and season with herbamere.

Bake in a moderate oven until golden brown.

Use as a rice replacement or toss in salads. You can also toss the cauliflower rice in a wok or saucepan until cooked and use as you would rice.

Cauliflower Popcorn

1 cauliflower cut into small pieces
1 teaspoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon turmeric
1/2 teaspoon herbamare

Preheat oven to 180C.

Line tray with baking paper.

In a bowl, toss cauliflower pieces with olive oil, garlic powder, onion powder, turmeric and herbamare.

Roast in oven for 25 to 30 minutes or until browned.



Cauliflower Steaks

1 cauliflower
1 teaspoon olive oil
Herbamere to taste
Nutritional yeast

Preheat the oven to 180°C.

Line a tray with baking paper.

Cut the head of cauliflower lengthwise into 1 cm thick slices.

Arrange the unbroken steaks on the prepared baking tray.

(use remaining cauliflower for cauliflower rice/popcorn - see recipe).
Brush steaks with olive oil and season with herbamere & nutritional yeast.

Roast until golden and tender about 40 minutes.

Cauliflower White Sauce

1 cauliflower
Herbamere to taste
black pepper to taste
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
pinch nutmeg

Chop cauliflower & steam.

Place cauliflower in food processor & add seasonings.

Process until smooth - you may need to add a little milk (I use almond or coconut) to achieve the desired consistency.

Add nutritional yeast for a cheesy flavour.

Broccoli Tabouli

1 Cauliflower roughly chopped
Herbamere

Place the cauliflower in a food processor and pulse into tiny pieces that look like rice.

Spread the cauliflower on baking trays lined with baking paper and season with herbamere.

Bake in a moderate oven until golden brown.

Use as a rice replacement or toss in salads. You can also toss the cauliflower rice in a wok or saucepan until cooked and use as you would rice

Broccoli Mash

1 cauliflower cut into small pieces
1 teaspoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon turmeric
1/2 teaspoon herbamare

Preheat oven to 180C.

Line tray with baking paper.

In a bowl, toss cauliflower pieces with olive oil, garlic powder, onion powder, turmeric and herbamare.

Roast in oven for 25 to 30 minutes or until browned.



Broccoli Curry Soup

1 head cauliflower
1 teaspoon olive oil
Herbamere to taste
Nutritional yeast

Preheat the oven to 180°C.

Line a tray with baking paper.

Cut the head of cauliflower lengthwise into 1 cm thick slices.

Arrange the unbroken steaks on the prepared baking tray.

(use remaining cauliflower for cauliflower rice /popcorn - see recipe).
Brush steaks with olive oil and season with herbamere & nutritional yeast.

Roast until golden and tender, about 40 minutes.

Roasted Broccoli

1 head cauliflower
Herbamere to taste
black pepper to taste
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
pinch nutmeg

Chop cauliflower & steam.

Place cauliflower in food processor & add seasonings.

Process until smooth - you may need to add a little milk (I use almond or coconut) to achieve the desired consistency.

Add nutritional yeast for a cheesy flavour.

Recipe Name One

Ingredients:

one thing
two things
three things

Method:

A whole bunch of instructions.
Step one. Step two. All the steps.

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Sweet Potato Salad

Sweet potatoes cut into 2 cm pieces
1 avocado diced
Can of mixed beans rinsed
3 spring onions thinly sliced
1 red capsicum seeded & diced
1 corn cob shucked
1 bunch coriander chopped
Herbamare & pepper to taste
2 tablespoons apple cider vinegar

Season sweet potato with herbamare & bake until golden brown.
In a bowl mix all other ingredients.
Toss through sweet potatoes.
Season to taste.
Will keep in the fridge for up to 3 days.

Red Lentil Dahl

1 cup red lentils - soaked
1 large tomato diced
1 onion diced
Fresh garlic & ginger diced
Cummin
Herbamare
Garam masala
Fresh or chilli flakes to taste

Rinse the lentils
Place all the ingredients in a large saucepan, slow cooker or pressure cooker and cover with 2 cups of water.
You can either cook and then serve over veges or rice.
Or gently add more veges on top of the lentil mixture and then cook.

Broccoli Tabouli

1 large head broccoli
6 spring onions finely sliced
1 bunch of parsley chopped
1 bunch of mint chopped
1/4 cup of pumpkin seeds
1/4 cup pistachio nuts
1/4 cup goji berries
Juice from a lime or lemon
Pepper & Herbamare

Rice the broccoli in a food processor.
Combine the broccoli in a large bowl with remaining ingredients and mix well.
This is fabulous served over roasted sweet potato.

Cauliflower Popcorn

1 cauliflower cut into small pieces
1 teaspoon olive/coconut oil
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon turmeric
1/2 teaspoon herbamare

Preheat oven to 180C.
Line tray with baking paper.
In a bowl, toss cauliflower pieces with olive oil, garlic powder, onion powder, turmeric and herbamare.
Roast in oven for 25 to 30 minutes or until browned