



Pikante Blumenkohlsteaks

mit gepufften Bohnen und Rosinenrelish



30-40min



2 Personen

Lust auf ein richtig leckeres Steak? Probier doch mal unsere würzigen Blumenkohlsteaks aus dem Ofen. Außen knusprig, innen zart - und garantiert vegan und gesund! Blumenkohl ist nämlich randvoll mit Vitamin C und wichtigen Mineralstoffen. Für die nötige Proteinzufuhr sorgen die gepufften Bohnen, ein fix gemachtes Relish mit Rosinen, Knoblauch, frischer Zitrone und leckeren Kräutern verleiht dem Ganzen extra Geschmack!

- 1 Blumenkohl
- 1 unbehandelte Zitrone
- 1 Päckchen Schwarmagewürzmischung
- 1 Packung Pinienkerne
- 1 Dose Cannellinibohnen
- 1 Knoblauchzehe
- 20g Petersilie & Minze
- 1 Päckchen Rosinen ¹²

- 1EL vegane Margarine
- Salz und schwarzer Pfeffer
- Zucker
- Olivenöl

- Backofen
- Backblech und Backpapier
- mittelgroßer Topf
- große Pfanne
- Kartoffelstampfer
- Küchenpinsel
- Küchenreibe
- Zitronenpresse
- Sieb

Energie 501kcal, Fett 31.9g,
Kohlenhydrate 32.5g, Eiweiß 16.1g



1. Blumenkohl schneiden



4. Bohnen rösten

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A chef in a white uniform is seasoning cauliflower steaks on a wooden cutting board. The chef is using a spoon to sprinkle a reddish-brown spice blend onto the cauliflower. A small glass bowl containing the same spice blend is held in the chef's other hand. The cauliflower steaks are arranged on the board, and the background is a plain white surface.

2. Blumenkohlsteaks backen



5. Relish zubereiten



3. Püree vorbereiten

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A close-up shot of a chef's hands using a metal potato masher to mash cooked potatoes in a stainless steel pot. The potatoes are soft and yellowish. The chef is wearing a white uniform. The background is a blurred brick wall.

6. Püree zubereiten

Schau dir das Rezept in deinem Konto auf marleyspoon.de an. 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