

Grilled Cauliflower with Garlic Herb Compound Butter

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Makes 2 Cauliflower Steaks
Serving: 1 Filet
Protein: 2 g per filet

Ingredients:

- 180 g Cauliflower Steaks, about 2 filets 1 inch thick each
- 1 TBSP Oil, Olive
- 1 TBSP Oil, Canola
- 2 TBSP Cambrooke Seasoned Breadcrumbs
- 1 TBSP Garlic Herb Butter (See recipe below)

Instructions:

Preheat your grill to medium high heat. Combine the olive oil and canola oil in a small bowl. Brush oil over the cauliflower steaks and season with salt and pepper. Gently coat with Cambrooke's seasoned bread crumbs. Place the cauliflower on the grill and cover. Cook for 10 minutes. Flip steaks and grill another 5 minutes. Brush the garlic herb butter over the steaks and continue to cook for 5 more minutes. Remove and serve immediately.

Garlic Herb Compound Butter

Ingredients:

- 2 TBSP Cambrooke Garlic n Herb Cream Cheese, softened
- 1 TBSP Sour Cream
- 4 TBSP Butter, regular or unsalted, softened
- 1 tsp Lemon Peel (zest), fresh
- 1 tsp Lemon Juice
- 1 tsp Parsley, fresh, chopped
- 1/8 tsp Salt, Table
- 1/8 tsp Pepper, black

Instructions

Place the softened garlic herb cream cheese, softened butter, cream cheese, lemon peel, lemon juice, parsley, 1/8 teaspoon salt, 1/8 teaspoon pepper. Use a spoon to mash and blend all the ingredients together. Refrigerate until ready to use.

Makes 115g total

Serving: 1 TBSP or 15g= 0.2 g protein