



GRILLED CAULIFLOWER 'STEAKS' WITH MELTING FETA, OREGANO & LEMON

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Grilled Cauliflower 'Steaks' with Melting Feta, Oregano & Lemon

Serves: 8

WHAT YOU NEED

2 medium **cauliflowers**

1 tbsp **olive oil**, plus extra for drizzling

a small bunch **fresh oregano**, leaves chopped

2 cloves **garlic**, finely chopped

1 large **lemon**, finely grated zest

2 x 200g packs **feta cheese**, each cut in half

freshly ground black pepper

WHAT TO DO: IN THE KITCHEN

1. Remove the leaves from both cauliflowers and carefully slice off the left and right sides so you are left with about a 6cm wedge of cauliflower with the stem in the middle. Save the trimmings for soup or a stir fry, including the leaves, which make for great eating.
2. Then carefully cut right through the centre of the stem to give you 2 thick 'steaks' of cauliflower, with the florets joined to the stem. Repeat with the other cauliflower, giving you a total of 4 thick slices.
3. Pick the leaves off the oregano, and finely chop them. Tip in to a small bowl and stir through the garlic and lemon zest. Cut the lemon in half and reserve for squeezing over just before you serve.
4. Tear off 4 sheets of tin foil that are just a little bigger than the cauliflower slices and have ready along with the 4 wedges of feta.

WHAT TO DO: AT THE BARBECUE

1. Preheat the barbecue to a high temperature for about 10 minutes.
2. Drizzle olive oil over the cauliflower steaks and season well with black pepper. Lay directly onto the grill bars, allowing to cook on one side for about 20 minutes until lightly caramelised.
3. Use a fish slice to lift the cauliflower slices and lay each, caramelised side up, onto a piece of foil. Sprinkle over the herby mixture, and top each with a wedge of feta. Grind over a little pepper, and scrunch up the sides of the foil to keep all the cooking juices and cheese inside. Return to the grill bars to finish cooking with the lid down for about 15 minutes or until the cauliflower is tender when pricked with a knife and the cheese is hot and soft.
4. Serve immediately, with a good squeeze of lemon and a drizzle of extra virgin olive oil.