



Miele

Roasted cauliflower with tomato pesto

By Miele

10 minutes

Preparation time

45 minutes

Cooking time

4

Serves

INGREDIENTS

Tomato pesto

200 g (1 ½ cups) sundried tomatoes, drained

150 g (1 cup) pine nuts, toasted

1 garlic clove, crushed

1 tsp lemon juice

80 ml (⅓ cup) extra virgin olive oil, or more if required

Salt flakes and pepper, to taste

Baked cauliflower

1 cauliflower, approximately 1kg

60 ml (¼ cup) olive oil

2 tbsp Ras el hanout spice mix

Salt flakes, to taste

Miele accessories

Universal tray

METHOD

Tomato pesto

1. Place the dried tomatoes, pine nuts, garlic, lemon juice and oil in a food processor and blend until almost smooth. Season to taste. Add more oil if needed.

Baked cauliflower

1. Remove the large outer leaves from the cauliflower and trim the base so that the cauliflower can sit flat.
2. Place the cauliflower on a universal tray. Drizzle with the olive oil and sprinkle the spice and salt over the cauliflower.
3. Place the tray in the combi steam Pro oven on shelf level 1 (shelf level 2 in a 60 cm oven) and select Combi mode: Fan Plus at 200°C + 60% moisture. Cook for 45 minutes, or until soft enough to pierce with a knife.
4. Serve the cauliflower with the tomato pesto.

Alternative appliance method

Oven with Moisture Plus

- Select Moisture Plus with Fan Plus at 200°C with 3 manual bursts of steam, releasing a burst of steam at 1 minute, a second burst of steam at 10 minutes, and a third burst of steam at 20 minutes. Place the cauliflower in the oven on shelf level 2. Cook for 45 minutes, or until soft enough to pierce with a knife.

Dialog oven

- Select Gourmet Profi + M Chef + Moisture Plus with Fan Plus at 200°C + GU: Strong Intensity + Preheat ON + 3 timed bursts of steam, releasing the bursts of steam at 1 minute, 10 minutes and 15 minutes + Duration 40 minutes.

Hints and tips

- This dish is delicious on its own, or as a side dish with a protein main – we love it with our [lamb shoulder with creamy polenta and gremolata](#) recipe.
- When roasting cauliflowers in traditional ovens you will need to boil or steam it briefly before roasting. However, using a combi steam Pro oven, you can combine these two steps at once.
- Dry your own tomatoes to use in this dish using the Drying function in our ovens.