



Air Fryer Cauliflower Steaks with Romesco Sauce & Herb Chickpeas

Ingredients

Romesco Sauce

- 3 red bell peppers, deseeded and chopped
- 50g ($\frac{1}{3}$ cup) ground almonds
- 2 tbsp sun-dried tomato paste
- 1 garlic clove
- 1 tbsp smoked paprika
- 4 tbsp red wine vinegar
- 50ml ($\frac{1}{5}$ cup) extra virgin olive oil

Cauliflower Steaks

- 1 large head of cauliflower, sliced into 1.5–2cm thick steaks
- 1 tbsp olive oil
- Salt & pepper to taste

Herby Chickpeas

- 1 x 400g (14 oz) tin chickpeas, drained and rinsed
- 20g (approx. 0.7 oz) fresh dill and mint, chopped
- 1 tbsp extra virgin olive oil
- Salt & pepper to taste



Instructions

- **Step 1**
- Preheat the air fryer to 180°C (350°F).
- **Step 2**
- Add chopped red peppers to the air fryer basket, drizzle with 1 tbsp olive oil, and season well.
- **Step 3**
- Air fry for 10 minutes, shaking halfway through.
- **Step 4**
- Once roasted, add the peppers to a food processor with the remaining sauce ingredients. Blend until smooth and creamy.
- **Step 5**
- Add the cauliflower steaks to the air fryer basket, drizzle with 1 tbsp olive oil, and season generously.
- **Step 6**
- Air fry at 180°C (350°F) for 7 minutes.
- **Step 7**
- Flip the steaks and cook for an additional 5 minutes, or until tender and golden brown.



- **Step 8**

- In a bowl, mix the drained chickpeas with chopped dill, mint, and 1 tbsp olive oil.

- **Step 9**

- Season to taste and toss well to combine.

- **Step 10**

- Spread a generous layer of romesco sauce on the plate.

- **Step 11**

- Place the cauliflower steaks on top and spoon over the herby chickpeas. Serve warm and enjoy!