



Roasted Cauliflower with a Creamy Mustard Sauce

Whoever thinks vegan dishes are boring, has (in my opinion) just really never tried good vegan cooking. This dish for example is really simple to make, but bursting with flavor!

I really ADORE mustard and I am certain this is not the last mustard recipe I will share :) Unfortunately cauliflower has a bit of a bad rep and I have to agree, I would not want to eat plain ol' boiled cauliflower just placed on my plate. Cauliflower has many sweet tones and it goes well with pretty much any spice and this recipe showcases that versatility.

Roasted cauliflower served with a creamy mustard sauce, are a marriage made in vegan heaven.





Ingredients

Servings 2

Roasted Cauliflower

- 1 Whole, Cauliflower**
- Juice of 1 lemon**
- 2 TSP Olive Oil**
- 1/2 TSP Paprika Powder**
- 1/2 TSP Onion Powder**
- 2 TSP Garlic Powder**
- Salt & Black Pepper to taste**

Mashed Potatoes

- 2 Idaho Potatoes, medium to large sized**
- 3 oz. Coconut Milk (3 oz. is equal to 6 TBL)**
- 1 TSP Garlic, Granulated***
- 1 TSP Onion, Granulated***
- Salt & Black Pepper to taste**

*I like to use granulated, especially due to the humidity here on Aruba. I find that granulated garlic and granulated onion keep longer without turning into 1 big lump. But if you have powder, it is no problem to use in this recipe.

Mustard Sauce

- 1 Cup Vegan Broth**
- 1 1/2 TSP Tarragon, dried**
- 1 Cup Coconut Milk**
- 2 TBL Mosterd *I use whole grain mustard, this recipe works great with dijon too!**
- 1 TBL Cornstarch**
- 1 TBL Water**
- Salt & Black Pepper to taste**

Green Beans

- 8 oz. Green Beans**
- 1/2 Cup of Water**
- Juice of 1/2 a lemon**
- 1/4 TSP Garlic, Granulated**
- Salt & Black Pepper to taste**



Method

- **Remove all leaves and trim the stem of the cauliflower, rinse the cauliflower.**
- **Now proceed to chop (cut) the cauliflower in 1 inch slices. Hold the cauliflower with its base (the flat side/the bottom side) on a cutting board. Cut it just like you would slice a loaf of bread. Some pieces will break off and pieces cut from the center part will remain whole. Not to worry, all will be used.**
- **Once cut, place all of the cauliflower into an oven safe dish or use a half sheet pan lined with a silicone baking sheet. Coat all the cauliflower pieces with the olive oil and the lemon juice. Season both sides of the cauliflower with the paprika, onion, garlic, salt & black pepper.**
- **Roast the cauliflower in the oven at 200C/400F for 30 - 40 minutes until tender . Flip the cauliflower pieces over, halfway through the baking time.**

Let's mash!

- **While the cauliflower is roasting, rinse the potatoes and cut these into cubes. I leave the potato skin on, this is where most of the nutrition is found (don't like unpeeled potatoes? no biggie, just peel the potatoes). Place the cubed potatoes into a pot and boil until fork tender. As the potatoes are boiling, continue with the sauce and beans.**
- **Once potatoes are cooked, strain the potatoes and place them back into the pot. Add the coconut milk, garlic and onion. Mash with a masher until smooth. Add salt and black pepper to taste.**



For the sauce:

- **Add the vegan broth and the tarragon leaves to a small sauce pan. On medium heat, allow the broth to reduce in half. This will take app. 10-15 min. Once halved, add the coconut milk and the mustard. While that slowly boils, mix the cornstarch with the water.**
- **Slowly drizzle the mixture into the sauce and allow the sauce to thicken to the desired consistency (use half of the cornstarch mixture first and add the remaining of the mixture if needed, you might not use all of it and that is oke). Add salt and black pepper to taste.**

Green Beans:

- **Now for some greens on the plate, let's prep the green beans. Add these to a frying pan.**
- **Lay all the beans flat on the bottom. The size of frying pan I use varies based on the amount of beans I am preparing. For 8 oz. of beans, I use my smallest frying pan of 8 inches. The important thing is that you want to fill the whole bottom of the pan with a single layer of the beans, so use the according pan size based on the amount of beans.**
- **Fill the pan with water, just until 2/3 of each bean is submerged in water. Meaning do not fully submerge the beans.**
- **Turn on stove to a medium heat and allow water to simmer. Once all the water is evaporated, season the green beans in with the juice of half a lemon, garlic, salt & black pepper.**



Now it's ime to eat!

Scoop some mashed potatoes on the plate first, then rest the cauliflower on the mash and cover the cauliflower with a big spoonful of sauce. Add some green beans on the side and bon appetite!

