



# Cauliflower Steaks with Sweet Potato Mash and Sautéed Beet Greens

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Recipe By: Hunter from Daily Green

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

- 2 large sweet potatoes
- 1 Head of Cauliflower
- 1 cup flour
- 2 eggs
- 2 cups panko bread crumbs
- 1/4 tsp cayenne
- 2 tsp garlic powder
- a pinch of salt
- a pinch of pepper
- 1/2 cup parmesan cheese
- 2 tbsp butter
- 1 tbsp maple syrup
- 1/2 tsp cinnamon
- Splash of milk
- 1 tbsp olive oil
- 2 cloves chopped garlic
- 1/4 lemon

## Directions

1. Peel sweet potatoes and cut into even pieces.
2. Boil potatoes in a pot with a pinch of salt for 15-20 minutes until soft.
3. Prepare cauliflower by tearing off leaves and trimming around stem. Make sure to leave the stem connected.
4. Cut the cauliflower into 1/2 inch slices.
5. Put flour, eggs and breadcrumbs in 3 containers separately.
6. Season the flour with cayenne, garlic powder, salt and pepper.
7. Season the breadcrumbs with parmesan cheese.
8. Coat the cauliflower in the flour, followed by the eggs and breadcrumbs.
9. Place the cauliflower onto a baking sheet. Cook in a pre-heated oven at 400 degrees for about 25 minutes and flip over once half-way through.
10. A few minutes before the cauliflower is done, drain the sweet potatoes and place into a bowl.
11. Add butter, maple syrup, cinnamon, and milk to sweet potatoes and mash.
12. Finally, wash your beet greens well and chop into bite-size pieces.
13. In a sautee pan, add olive oil and garlic. Sautee the garlic for about a min and add in beet greens, lemon, salt and pepper to taste.
14. Stir until beet greens are tender.
15. Once the cauliflower is ready, add to plate with sweet potatoes and beet greens.