



Roast Cauliflower Steak with Duck Salad

serves 2

Cauliflower is an excellent source of vitamin C, vitamin K, folate and vitamin B6.



Ingredients

1 cauliflower	250g lettuce, thinly sliced
3 garlic cloves, crushed	200g red cabbage, thinly sliced
2 whole beetroots, quartered	1 red onion, thinly sliced
olive oil	1 carrot, grated
1 duck breast, skin lightly scored	sea salt
	cracked black pepper

Method

Preheat oven to 180°C.

- 1 Cut cauliflower into 2 'steaks'. Place garlic, cauliflower and beetroot into a roasting dish, drizzle with olive oil and season with salt and pepper. Place in oven and roast for 30 mins.
- 2 In a heated pan, add oil and place duck breast skin down for 2 mins, then turn and cook for another 2 mins. Place on baking tray and into oven for 15 mins. Take duck out of oven and cool for 10 mins before thinly slicing and leaving to rest.
- 3 In a bowl, add the lettuce, red cabbage, onion, carrot, roasted beetroot, sliced duck breast, drizzle of olive oil and toss to mix.
- 4 Place cauliflower steak on a plate followed by salad mix, and enjoy.

Pier01 Restaurant & Café



Pier01 Restaurant, Café & Function Centre located on the Ulverstone Wharf is a destination in itself. Boasting picturesque views overlooking the Leven River through to regional hinterland, enjoy our contemporary menu showcasing Tasmania's finest fare throughout and service by friendly faces going above and beyond.



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