



**MONDAY**  
**DINNER**

**TETROGEN**

# Prep Time: 60 Mins

## INGREDIENTS

### For the mushroom risotto

600g button mushrooms

1<sup>1/2</sup> tablespoons oil

300g short-grain brown rice

2 litres water

A large bunch of fresh thyme

3 tablespoons tamari/soy sauce

2 tablespoons miso paste

### For the cauliflower steak

3 medium to large cauliflowers

Sea salt

Oil

### To serve

Juice of <sup>1/2</sup> a lemon

## DIRECTIONS

1. The mushroom miso risotto is your first job, as it takes about 30-40 minutes. Roughly slice your mushrooms. Put the oil into a heavy-based pan over a high heat, add the mushrooms and cook for 5 minutes, until they reduce and turn brown. Pour in the rice and the water, and add the leaves from about half your bunch of thyme (pick the leaves off the stalks). Bring to a simmer and leave to boil until the rice is cooked, about 30-40 minutes. It should smell (and taste) very mushroomy.

2. Add the tamari and the miso to make the flavour more intense. The risotto needs to be full of flavour, as the cauliflower has quite neutral flavours.

3. While the rice is cooking, take all the outer leaves off the cauliflowers and reserve for another use. Turn the head of one cauliflower upside down and cut through the centre of the root, directly downwards. Then cut the steak 2<sup>1/2</sup>cm from the centre, parallel with your first cut. This will reveal a beautiful 'tree of life' steak. You will get 2 big steaks from one cauliflower. Repeat with the other cauliflowers, reserving all your trims for another use.