



CAULIFLOWER PARMESAN

Ingredients:

- 1/4 of cauliflower

For the parmesan crust:

- 50 gr of GreenVie Grated Parveggio
- Black pepper • 50 gr of breadcrumbs

Flour batter:

- 50 gr of white flour • 150 ml of water

For the pea puree:

- 150 gr of frozen peas
 - Salt pepper
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instructions

Mix the flour with the water until a thick "glue" forms.

Dip the cauliflower steak in the "glue" and then roll it in the breadcrumbs and parveggio mix.

Fry them in hot oil, for **3-4 minutes** on each side.

Meanwhile, boil the peas for about **10 minutes** and then blend them until super smooth

Serve and enjoy!

recipe & photo credits @topfoodfacts





Green Vie

PARVEGGIO
grated

WITH COCONUT OIL

FREE FROM:
DAIRY / GLUTEN / SOYA /
LACTOSE / PALM OIL

