



## Cauliflower steaks with roasted leaves, fried egg and pearl barley

 **30 mins**  **Serves: 4**



### Method

1. Preheat the oven to 200°C. Line a large baking tray with baking parchment. Sprinkle chilli flakes and lemon zest over the sliced cauliflower, and drizzle all with lemon juice and olive oil. Roast the cauliflower in the oven for about 30 minutes, until it is lightly browned and the leaves crisp up.
2. Whilst the cauliflower is in the oven, prepare the pearl barley and Purely Organic eggs. Cook the barley following the instructions on the packaging and stir the butter through at the end.

### Ingredients

- 4 Purely Organic eggs
- 1 large cauliflower sliced into 2-3 cm steaks; leaves roughly chopped
- 2 tsp chilli flakes
- 1 lemon, zest and juice
- Fresh thyme, oregano, rosemary
- Olive oil, Salt
- 350g organic pearl barley
- 2 tbsp butter
- Toasted shaved almonds

3. Warm up the oil in a small frying pan over a medium heat. Crack the Purely Organic eggs straight into the pan. Season with salt and pepper. When the egg white is set, gently remove the eggs from the pan.
4. Serve the cauliflower steaks over the buttery pearl barley and top each plate with the fried egg. Add toasted shaved almonds to finish.

