

Cauliflower couscous with cherry tomatoes and tarragon, crispy tofu, virgin sauce with pine nuts |

Recipe for 4 persons



Description

Cauliflower cut into small grains to create the illusion of a decorated couscous chives, tarragon and cherry tomatoes, all decorated with a virgin sauce and tofu.

Note

You can magnify the cut tofu, it will change the cooking time in the oven. Feel free to add ingredients in the virgin sauce.

Ingredients

For the cauliflower couscous

- 350 Gr Cauliflower
- 125 Gr Cherry tomatoes
- 0.50 Bunch(es) Chives
- 75 Gr Shallot
- 1 Unit(s) Lemon
- 4 Sprig(s) Tarragon
- 400 Gr Tofu

- Butter
- Salt and pepper
- Vegetable oil

For the virgin sauce

- 40 Gr Pine nuts
- 4 Sprig(s) Tarragon
- 65 Gr Sliced black olives
- 80 Ml Olive oil
- 1 Pinch(es) Sea salt flakes
- 3 Turn(s) Freshly ground black pepper
- 1 Unit(s) Lemon

- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **425 F°**

General preparation

Cut cauliflower into pieces. Zest the lemons and squeeze to get the juice. Chop the shallots and

chives. Cut the cherry tomatoes into quarters. Remove the leaves of tarragon branches and chop the other part for the tarragon sauce. Roast the pine nuts (as they are still warm, dip them in olive oil to infuse it). Keep 3 cherry tomatoes, a few tarragon leaves and pine nuts to finish the plate.

Preparation for the cauliflower couscous

Remove the pieces of cauliflower in the food processor and use the PULSE to reduce the cauliflower into small pieces, similar to couscous. In a large skillet, add a drizzle of olive oil, and sauté the cauliflower couscous a few minutes to warm. Add cherry tomatoes, shallots, chives, tarragon leaves, lemon juice and lemon zest. Season with salt and pepper.

Preparation for the virgin sauce

Detail sliced black olives, add olive oil with pine nuts and chopped tarragon leaves.

Preparation for the tofu

Cut the tofu into small cubes about 1 cm, roll the pieces in flour and shake the dice in your hands to remove excess. Heat oil and cook tofu to make it crispy crust with flour. Season. Place in a hot oven for 5-10 minutes.

To serve

Ideally in a sombrero plate (hollow), place your mix cauliflower couscous, complete with a few tarragon leaves and halved cherry tomatoes decoration, add some pine nuts and a drizzle of olive oil.

Bon appétit!