



Ingredients:

- 1 head of cauliflower
- Olive oil
- Kosher salt (table salt or sea salt or whatever you have) Pepper
- Chopped handful of parsley (optional)



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Take 1 head of cauliflower and clean off all leaves from the bottom.

Cut off the stalk, so that it's flush with the rest of the cauliflower body.

Take the cauliflower and place on its side so that the stalk is in front of you horizontally.

Take a sharp knife and cut the cauliflower through its body, so that you are making cross-sections of pieces. Once cut, the stalk is in the middle holding all florets together. It's ok if when cutting, some of the florets come loose, you can roast those pieces later.

Once you have all your "steaks" cut, place them on a roasting tray. Drizzle with olive oil, salt & pepper and chopped parsley if you have, or even like it! Rub the steaks all over on both sides.

Heat BBQ / grill on medium/high heat.

Place "steaks" on grill and begin to cook approx 3-5 minutes on each side. They should have nice grill marks on both sides.

Once all steaks are done, insert a fork to check that they are tender. Place back on roasting tray and cover with foil, sealing all edges. The heat from the steaks sealed in the foil will continue to cook the steaks until they become nice and tender.

That's it! You're done! So easy you're laughing!!