

## bed & broccoli

...a very special vegan experience

# PROTEIN

[www.bedandbroccoli.com.au](http://www.bedandbroccoli.com.au)

Protein is necessary to build new tissue. You are what you eat! Here are just a few foods high in protein:

Almonds  
Asparagus  
Beans  
Broccoli  
Cauliflower  
Dried Seaweed  
Green Capsicum  
Lentils  
Macadamias  
Mushrooms  
Peanuts  
Peas  
Pumpkin Seeds  
Sesame Seeds  
Soy Products  
Spinach  
Sun Dried  
Tomatoes  
Sunflower Seeds  
Tofu



### Roasted Cauliflower Head A recipe by Nikki Medwell

1 cauliflower head – 1 kg, par steamed for at least 30 minutes  
3 small sweet potatoes, peeled & cut into chunks  
2 large carrots, peeled & cut into chunks  
1 brown onion, peeled & quartered  
2 whole green jalapeno chilies, ends cut off  
½ cup nutritional yeast flakes  
1 tablespoon lemon juice  
1 tablespoon coriander  
Salt & pepper

1. Pre-heat oven to 180oC
2. Boil the potatoes and carrot until tender
3. In a food processor place the potato, carrot, onion, chilies, nutritional yeast flakes, lemon juice, coriander & pepper & salt & blend until smooth
4. Place partially steamed cauliflower on an oiled baking tray & coat generously with vegetable mixture
5. Bake for 30-40 minutes until coating starts to darken
6. Carve generous wedges to serve

Tip #1 Steam the cauliflower the day before to save time  
Tip #2 Use half the coating ingredients if using a medium cauliflower

Source: Peter N. Hansen, N.D., Dip. Hom. A.T.M.S International Federation of Homeopathic Physicians