

Crispy cauliflower with potato mash & asparagus

This is what summer tastes like: bright, fresh, and seasonal.

Asparagus is cooked and served in abundance. Together with a velvety mash, crispy cauliflower bites, and a punchy dressing, this is the kind of plate that invites you to slow down and actually taste summer.



From garden
to plate

Serves 4

FOR THE MASH

- 200 g celeriac, peeled and cubed
- 120 g sweet potato, peeled and cubed
- 30 g plant-based cooking cream (15%)
- 10 g plant-based butter
- Salt and pepper

HOW TO PREPARE

1. Steam the celeriac and sweet potato together until completely soft, about 20 minutes.
2. Blend with the cream and butter until creamy but still slightly chunky. Season well with salt and pepper. Keep warm.

FOR THE ASPARAGUS AND GREENS

- 200 g green asparagus, woody ends snapped off
- 200 g bimi (tenderstem broccoli)
- 240 g haricots verts, frozen
- 40 g herbed plant-based butter
- ¼ tsp sea salt
- ¼ tsp cajun spice

HOW TO PREPARE

1. Blanch the asparagus and bimi in well-salted boiling water for 90 seconds. Drain immediately and cool under cold running water.
2. Slice into generous chunks and combine with the haricots verts on a tray.
3. Melt the butter with the salt and Cajun spice. Let it cool slightly, then toss through the vegetables.

FOR THE CAULIFLOWER BITES

- 300 g crispy cauliflower bites (Snack With Benefits)

HOW TO PREPARE

1. Spread in a single layer on a baking tray. Bake at 200°C (180°C fan) for 12–15 minutes until golden and crispy.

FOR THE CAPER-TARRAGON DRESSING

- 2 tbsp olive oil
- 2 tbsp sunflower oil
- 1 tbsp capers, drained
- 4 cornichons, drained
- 1 tbsp fresh parsley, chopped
- ½ tsp fresh tarragon, chopped
- 1 shallot, finely chopped
- 1½ tsp white wine vinegar
- ¼ tsp sea salt
- ¼ tsp black pepper

HOW TO PREPARE

1. Pulse the cornichons and capers in a small food processor until finely chopped. You want texture, not a paste.
2. Stir in the oils, vinegar, herbs, shallot, salt, and pepper. Taste and adjust seasoning.

FOR THE SPICY PANGRATTATO

- 25 g ciabatta, torn into rough cubes
- 1 tbsp fresh parsley, finely chopped
- 1 tsp garlic oil
- ⅛ tsp chili flakes

HOW TO PREPARE

1. Toss the bread with the garlic oil and spread it on a tray. Bake at 200°C until golden and completely dried out, about 8–10 minutes.
2. Let cool, then pulse into rough crumbs. Mix with the parsley and chili flakes.

TIME TO ASSEMBLE

Spoon the mash into the center of a plate. Arrange the asparagus, greens, and cauliflower bites on top. Drizzle the caper-tarragon dressing over the dish and finish with a scatter of pangrattato and a pinch of pea cress.