



Buttered Kohlrabi Steak with Mushroom Goat Cheese Gratin and Grilled BROCCOLINI® baby broccoli

Servings

4

Calories

480

Prep Time

25 minutes

Total Time

50 minutes

Skill Level

Medium

Ingredients

For Mushroom Gratin

3 Portabella mushrooms, cleaned and grilled

3 sprigs rosemary

2 ounces olive oil

1 ½ cups goat cheese

1 teaspoon thyme, fresh picked

2 teaspoons parsley, chopped



For Kohlrabi Steaks

1 Jumbo Kohlrabi from Mann's

4 ounces butter

Salt & pepper

1 bunch BROCCOLINI® baby broccoli (about 9 stalks)

2 ounces olive oil

The Method

For the mushrooms

Place the mushrooms on a sheet of aluminum foil along with rosemary and olive oil. Wrap tightly and cook in oven 350°F for 40 mins.

In a medium bowl mix the goat cheese, thyme, parsley and diced mushrooms. This is your topping for the kohlrabi steaks and can be made up to 3 days in advance.



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For the Kohlrabi and BROCCOLINI® baby broccoli

Peel and slice the kohlrabi into 4 steaks. Place steaks in a pan of cold salted water, bring to a simmer and cook for 12 mins. Remove from the water, pat dry, and season with salt and pepper.

Place on hot grill with a knob of butter atop each steak, cook 4-5 mins, then flip over and cook 4-5 minutes more. Top steaks with cheese and mushroom mixture, then place under broiler until a golden brown (approx. 3 mins).

Toss blanched BROCCOLINI® baby broccoli with olive oil and salt, lightly grill, and serve alongside the kohlrabi steak.

Nutrition Facts

Serving Size: 293g | Servings: 4

Amount Per Serving

Calories 480 | Total Fat 46g (sat fat 20g trans 1g) | Cholesterol 70mg | Sodium 320mg | Total Carbohydrate 14g | Dietary Fiber 9g | Sugars 5g | Protein 9g | Vitamin D 0% | Calcium 8% | Iron 10% | Potassium 15%