



Mashed Cauliflower with Mushroom Wine Sauce

Recipe by physicalfoodie

Course: **Entrées**

Prep time
30 minutes

Cooking time
40 minutes

Total time
1 hour 10 minutes

This light and creamy mashed cauliflower is topped with a savory mushroom, wine sauce that makes it a meal in itself.

Ingredients

- 1 head of cauliflower, cut into florets
- 8 ounces of baby portobello mushrooms, sliced
- ¼ cup of any red wine, just not a sweet one
- 1 shallot, sliced
- ⅛ teaspoons salt
- ¼ cup of almond milk, more or less depending on the size of your cauliflower
- 1 tablespoon avocado oil
- 2 tablespoons butter
- 2 teaspoons chopped parsley
- ⅛ teaspoons pepper

Directions

For the cauliflower

- 1** In a large pot boil cauliflower in salted water for about 10 minutes or until tender. Remove, drain and allow to cool.
- 2** In a blender or food processor, blend until smooth. Add in almond milk as needed for it to become creamy. Add in salt and pepper and blend for another 20 seconds.
- 3** Remove from blender and set aside.

For the sauce

- 1** Heat a 1 tablespoon avocado oil in a large non-stick pan. Then sauté the shallots for 3-5 minutes.
- 2** Next add in baby portobello mushrooms and cook for about 5 minutes.

- 3** Slowly add in the red wine and allow to simmer as the alcohol cooks off and it begins to evaporate.
- 4** Add in 2 tablespoons butter and 2 teaspoons chopped parsley.
- 5** Once the sauce has thickened, turn off the heat and pour over the mashed cauliflower. Enjoy!!

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