

# Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

## Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

## Nutrition

Amount per serving

Calories	376	Vitamin A	784IU
Fat	34g	Vitamin C	61mg
Carbs	15g	Calcium	72mg
Fiber	6g	Iron	2mg
Sugar	5g	Vitamin B12	0µg
Protein	8g	Magnesium	67mg
Sodium	258mg	Zinc	2mg