



Roasted Cauliflower Steak

These thick slabs of cauliflower steak are delicious, well-seasoned, and satisfying. And they are so easy to make!

Prep Time 10 min.

Course: Side Dish

Servings: 4 servings

Cook Time 30 mins

Cuisine: American

Calories: 109 kcal

Total Time 40 mins

Ingredients

- 2 medium cauliflower heads
- Olive oil spray
- 1 teaspoon kosher salt or $\frac{1}{2}$ teaspoon of any other salt
- $\frac{1}{2}$ teaspoon black pepper divided
- 1 teaspoon garlic powder divided
- 1 teaspoon paprika divided
- 1 teaspoon coriander divided

Instructions

1. Preheat your oven to 425°F. Line a large, rimmed baking sheet with nonstick foil or high-heat-resistant parchment paper and spray it with olive oil.
2. Wash the cauliflower heads, remove the outer leaves, and trim the very bottom of the core, keeping the core intact. Slice each cauliflower head into $\frac{3}{4}$ -inch-thick slices. The outer slices will fall apart - simply roast them as florets with the steaks. Plan on getting three steaks out of each cauliflower head.
3. Arrange the steaks in a single layer on the baking sheet. Scatter the florets around them. Spray their tops with olive oil and sprinkle them with half the seasonings.
4. Bake the cauliflower slices for 15 minutes. Remove them from the oven, carefully flip them using two wide spatulas, spray them with more oil, and sprinkle them with the remaining spices.
5. Return the cauliflower steaks to the oven and bake them until browned and fork-tender, 10-15 more minutes. Serve immediately.

Notes

- When you cut the cauliflower heads into slices, some will fall apart and turn into florets. Don't worry about those! Simply bake them alongside the intact slices. That's why you need two cauliflower heads for this recipe, to account for the slices that fall apart.
- Don't trim the core. Cauliflower stems are edible. Removing the core, even very carefully, will cause the steaks to fall apart. I remove the outer leaves and trim

the very bottom of the stem, but I leave the core intact, and I find that it softens nicely and is delicious when baked.

- You can keep the leftovers in the fridge, in an airtight container, for up to 4 days. Reheat them gently, covered, in the microwave at 50% power. You can also freeze the leftovers for up to three months.

Nutrition per Serving

Serving: 0.5 cauliflower

head | calories: 109 kcal | Carbohydrates: 16 g | Protein: 6 g | Fat: 4 g | Saturated Fat: 1 g | Sodium: 367 mg | Fiber: 6 g | Sugar: 6 g

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