

# Cauliflower Steak with Herbed Tahini Sauce



*Serves 4*



*30 minutes*



*Autumn*



*Cauliflower*

## INGREDIENTS:

- 1 medium cauliflower
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tsp smoked paprika
- 2 cloves garlic, minced
- Salt and pepper, to taste
- ½ cup finely chopped parsley

## FOR HERBED TAHINI SAUCE:

- ½ cup tahini paste
- 2 cloves garlic
- ¼ cup parsley
- ¼ cup coriander
- 2 tablespoons lemon juice
- Salt, to taste
- Cold water, as needed

## METHOD:

### Cauliflower steaks:

1. Preheat the oven to 200°C (400°F).
2. Wash the cauliflower thoroughly. Remove the leaves and cut off the base of the cauliflower stem. Slice the cauliflower in half and then in half again. This will leave you with four cauliflower steaks.
3. In a bowl, mix olive oil, lemon juice, smoked paprika, and minced garlic.
4. Place the cauliflower slices on a baking tray with baking paper. Brush half of the liquid mixture on the cauliflower slices. Season it with salt and pepper.
5. Bake the cauliflowers for 15 minutes. After 15 minutes, remove the tray from oven and carefully flip the cauliflower. Brush the remaining half of the mixture onto the other side of the cauliflowers and season with salt and pepper.
6. Bake cauliflowers for another 15 minutes until they turn golden brown.

### Tahini sauce:

While the cauliflowers are in the oven, make the herbed tahini sauce.

1. In a blender, combine garlic, parsley, coriander, and lemon juice. Blend until well combined.
2. Add tahini paste to the blender and blend until you get a smooth paste.
3. Add water and mix well until you reach the desired consistency.
4. Season with salt to taste

### Serving:

To serve, spread a generous amount of tahini sauce on each plate. Place the baked cauliflower steaks on top of the sauce, and then sprinkle finely chopped parsley leaves over them.

### TIPS:

- *When selecting cauliflower for making steak, choose fresh cauliflower with a dense head. This ensures that the steaks hold their shape when slicing.*
- *When you slice cauliflower into steaks, some of the florets may fall off. Don't throw them away, you can roast them in the pan with the "steaks". You can also store and use the florets in other recipes such as cauliflower soups.*

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