



ROASTED CAULIFLOWER STEAKS WITH BROWN BUTTER MUSTARD SAUCE

By Dr. Cindy Tanzar
(Standard)

Roasted cauliflower steaks are an easy and tasty addition to any meal, but also create unconventional beauty to your holiday table. Roasting adds delicious caramelization to cauliflower and is perfect with the seasonings alone. Adding a simple brown butter mustard sauce for drizzling after roasting, elevates the flavors, making your holiday side dish even more special. The mustard sauce is perfect with beef, chicken or fish, as well. Makes 2-4 servings. One serving is one cup cooked vegetable and covers your vegetable and fat for one meal.



INGREDIENTS

- 1 large head of cauliflower, sliced lengthwise through the core into 4 "steaks" (or you can just use florets)
- 1/4 cup avocado oil
- Crushed red pepper flakes, to taste (optional)
- Pink Himalayan salt & freshly-ground pepper, to taste



BROWN BUTTER SAUCE

1 stick unsalted butter
2 cloves garlic, minced
2 Tbsp. coarse-grained mustard
2 Tbsp. chopped parsley, optional
Pink Himalayan salt & freshly-ground pepper, to taste

Place butter in a saucepan and melt over medium-low heat. Swirling around the pan, cook until it is a nice caramel color (approx. 5 minutes), being careful not to burn. Immediately remove from the heat and pour into a bowl. Stir in garlic, mustard, parsley, salt and pepper.

INSTRUCTIONS

Preheat the oven to 400°F. Place cauliflower steaks on a baking stone or baking sheet lined with well-greased aluminum foil. If some of the cauliflower florets fall apart, just roast them with the steaks.

Whisk together avocado oil, red pepper flakes, salt and pepper. Brush 1/2 of the mixture over the top of the cauliflower steaks.

Place in the oven for 20 minutes. Gently turn each steak over and brush with remaining oil mixture. Continue roasting until tender and golden – about 15-20 minutes.

Drizzle the cauliflower steaks with the brown butter mustard sauce or serve on the side.