



HOME CHEF

Indian-Spiced Cauliflower Steak with Tikka Masala Sauce

With Naan, Red Pepper-Raisin Relish, and Cilantro Oil



Bet you've never thought of cauliflowers as a steak! This hearty vegetable holds up really well to spices, marinades, and pan-searing. Ours is curry-dusted and covered in a homemade tikka masala sauce, topped with a side of zesty cauliflower and golden raisin relish, and drizzled with cilantro oil for a fiber-rich, low-cholesterol, and hearty Indian dish that'll have your lips smacking as you fill up on naan.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 700
Carbohydrates: 70g
Fat: 43g
Protein: 13g
Sodium: 925mg
per serving

DIETARY



LOW CALORIE



NUT-FREE



SOY-FREE

DRINK PAIRING

IPA
Wheat Beer
Sauvignon Blanc

INGREDIENTS

4 oz. Roasted Red Peppers
6 Cilantro Sprigs
1 Lemon
1 Red Onion
1 Cauliflower Head
2 Naan Flatbreads
1 Tbsp. Curry Powder
2 Tbsp. Butter
2 oz. Golden Raisins
2 oz. Sour Cream
4 oz. Tomato Sauce

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pot
Medium Pan
Mixing Bowl

DID YOU KNOW?

You can review our recipes and share feedback by visiting the “Order History” tab on your online account.

Discover more recipes at homechef.com



Prepare the Ingredient

Preheat oven to 400 degrees and prepare a baking sheet with aluminum foil. Thoroughly rinse produce and pat dry. Cut **roasted peppers** into thin strips. Stem and mince **cilantro**. Zest and halve **lemon**. Peel, halve, and cut **red onion** into ½” dice.



Toast Naan

Place **naan flatbreads** on prepared baking sheet and brush with 2 tsp. of **oil**. Toast in oven 8 minutes until beginning to brown and crisp. Remove from oven. When cool enough to handle, cut each flatbread into 6 wedges. Reserve baking sheet for cauliflower step.



Cut and Sear Cauliflower Steaks

Trim greens and leaves from base of **cauliflower**. Place cauliflower head upside down on cutting board. Cut a straight line down either end of the stem, reserving the two side pieces. Cut center section in half to make two 1½” thick “steaks.” Drizzle with **olive oil**, half the **curry powder** and a pinch of **salt** and **pepper**. Melt **butter** in a medium pan over medium high heat. Add **cauliflower steaks** and caramelize on one side for 4 minutes, then flip and brown second side 3 minutes. Transfer steaks and butter to baking sheet and roast in oven 6-8 more minutes until tender.



Prepare Roasted Pepper Cauliflower Relish

Roughly chop ½ cup the reserved **cauliflower** side pieces. Add cauliflower to medium pot with **raisins**, half of the **red onion**, **lemon zest**, **juice from one lemon half**, and 2 Tbsp. of **water**. Bring to a boil and reduce to simmer. Continue cooking until liquid is mostly gone and cauliflower is tender. Remove from heat and add **roasted red pepper** and half of the **cilantro**. Season with a pinch of **salt** and **pepper**.



Prepare Tikka Masala Sauce and Cilantro Oil

In the medium pan used for searing steaks, combine **sour cream**, **tomato sauce**, remaining **curry powder**, and juice from remaining **lemon half**. Warm gently over medium-low heat, but do not boil. Season with a pinch of **salt** and **pepper** and set aside. For the **cilantro oil**, combine remaining **cilantro** in a small bowl with 2 Tbsp. of **olive oil**.



Plate the Dish

Divide **naan wedges** between two plates. Spoon some of the **tikka masala sauce** in front of it and rest the **cauliflower steak** in the sauce. Garnish with the **relish** and a drizzle of the **cilantro oil**.