



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

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## 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**.