

## Broiled Cauliflower Steaks with Turmeric Spice Rub

### Ingredients:

2 ea	cauliflower head
2 Tbsp	avocado oil
1 tsp	salt, kosher
2 tsp	turmeric, fresh, grated (or ½ tsp powder)
2 tsp	ginger, fresh, grated
1 tsp	coriander, ground
1 tsp	cumin, ground
2 clove	garlic, minced
Pinch	cayenne chili powder
2 tsp	brown sugar (or other dry sweetener)
2 tbsp	parsley leaves, flat, stems removed
2 tbsp	mint leaves, chopped
1 ea	lime



Servings: 8

### Instructions:

1. Remove the leaves from a head of cauliflower and slice it into ¾ inch thick slices. Select the 4 best slices from the center of the head and reserve the ends and loose pieces for another use.
2. Brush each 'steak' with oil on both sides and arrange on an oiled baking sheet
3. Combine all the spices except the parsley and mint in a spice grinder (coffee grinder) or mortar and pestle and process until well combined and pulverized
4. Rub the spice mixture into the 'steaks' until coated all over
5. Leave the 'steaks' to rest 30 minutes
6. Broil on high for 7 minutes then flip the 'steaks' and continue cooking another 7-9 minutes until browned and tender. Monitor the cooking to prevent burning and adjust the pan as necessary.
7. Garnish with the fresh herbs and season with a squeeze of lime juice

\*Serving suggestion: Serve steaks whole on to of a flavorful grain such as rice, bulger, couscous, quinoa, etc. Can also be sauced with a thin yogurt drizzle or a chutney for added moisture and eye appeal.

\*Cooking method can be altered to grill, pan sear, or roast with equally great results



\*VEGAN



\*GLUTEN-FREE

### Nutrition Facts

8 servings per container  
Serving size **1 cauliflower steak (228g)**

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%

<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 668mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.