



CURRIED CAULIFLOWER STEAK

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 690/SERVING



We flavour this cauliflower steak using a mix of spices and curry paste. This hearty, flavourful steak is served overtop of fresh sautéed veggies and fluffy basmati rice, plus a creamy cucumber yogurt-style sauce to top it all off!

WHAT YOU'LL NEED

- Large pan
- Small pot

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Cauliflower	1/2 head	1 head
Onion	1	2
Red pepper	1	2
Carrots	2	4
Garlic	3 cloves	6 cloves
Curry paste mix	1/2 cup	1 cup
Cucumber sauce	3/4 cup	1.5 cups
Basmati rice	1 cup	2 cups



Prep your ingredients: Rinse **rice**. Slice **cauliflower** into 1-inch thick slices. Chop **peppers, carrots,** and **onions** into bite-sized strips, and mince the **garlic**.



Fill a small pot with 1.75 cups of **water** (3.5 cups for 4 servings) and **basmati rice**. Bring to a boil then lower heat, cover, and cook for 10-12 minutes until water is absorbed. Remove from heat and remain covered for 5 minutes.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **cauliflower steaks**. Sear for 6-7 minutes per side. Remove steaks and set aside, then add **onions, garlic, carrots,** and **peppers** to the same pan.



Cook **veggies** until onion is fragrant and **carrot** is tender, about 10 minutes. Add **curry paste mix** to the pan and stir until **veggies** are well coated. Add **cauliflower steaks** back into the pan to continue cooking, making sure to fully coat the **steaks** in the sauce.



Divide **rice** between bowls and top with **cauliflower steaks** and **sautéed veggies**. Season with **salt** and **pepper**, and a drizzle of **cucumber coconut sauce**.

Nutrition Facts		Valeur nutritive	
Per Serving (423 g)			
pour 1 (423 g)			
Calories 690		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 29 g			39 %
Saturated / saturés 16 g			80 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 98 g			
Fibre / Fibres 7 g			25 %
Sugars / Sucres 10 g			10 %
Protein / Protéines 14 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 260 mg			11 %
Potassium 900 mg			19 %
Calcium 100 mg			8 %
Iron / Fer 5 mg			28 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			