



Grilled Cauliflower Steaks

Jacob · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

These grilled cauliflower steaks are beautifully caramelized with a flavorful smoky taste and the presentation is lovely a delicious change from the norm I like my cauliflower a little on the firm side so add a few extra minutes if you like it softer

Ingredients

- - ¼ cup olive oil - 1 lemon
- juiced - 2 cloves garlic
- minced - 1 teaspoon salt - 1 teaspoon smoked paprika - 1 teaspoon brown sugar - ½ teaspoon chili powder
- 1 pinch ground black pepper - 2 large heads cauliflower - 2 tablespoons minced cilantro (Optional)

Instructions

1. Preheat an outdoor grill to medium-high heat and lightly oil the grate. Whisk oil
2. lemon juice
3. garlic
4. salt
5. smoked paprika
6. brown sugar
7. chili powder
8. and black pepper together in a bowl; set aside. Remove the tough bottom leaves from each cauliflower
9. taking care not to remove the stem. Place the cauliflower heads onto a cutting board with the stem side facing upwards; cut vertically on both sides of the stem to remove the loose florets. Cut each cauliflower vertically through the stem into 2 even "steaks"
10. 1 to 1 ½ inches thick; remove any remaining small leaves from each steak. Place cauliflower steaks on a baking sheet. Brush one side of each steak with some of the oil mixture. Place steaks on the preheated grill
11. oiled-side down; grill for 5 minutes. Brush more oil mixture on top of steaks and gently flip over; grill until golden brown and slightly charred
12. 5 to 7 minutes more. Drizzle with any remaining oil and remove to a plate. Sprinkle with cilantro. Recipe Tip You can grill the extra cauliflower florets in a grill basket alongside the steaks
13. or you can refrigerate them for another use.