

NEW! ORGANIC  
Multigrain  
Rice

PILAF WITH TANDOORI  
CAULIFLOWER STEAKS

RECIPE



the source  
BULK FOODS

# PILAF WITH TANDOORI CAULIFLOWER STEAKS (V, GF, DF)

These cauliflower steaks have been smothered in a homemade Tandoori marinade and are served with an Organic Multigrain Rice pilaf. The pilaf is bursting with flavour from the spiced veggies, fresh coriander and toasted cashew nuts and the smokey tender steaks are a perfect accompaniment.

## CAULIFLOWER STEAK

1 small head of cauliflower (600g approx.)  
1 large garlic clove, very finely chopped  
10g fresh ginger, very finely chopped  
20ml tomato paste  
2g garam masala  
50g coconut yoghurt  
5ml maple syrup  
1g sea salt  
20ml olive oil  
2g smoked paprika

## NUTTY PILAF

100g Organic Multigrain Rice blend  
200ml water  
10ml coconut oil  
2g cumin seeds  
2g mustard seeds  
1g black pepper, freshly cracked  
½ medium onion, sliced  
5g yellow curry powder  
1g turmeric  
1g sea salt  
1 garlic clove, very finely chopped  
Half the cauliflower florets, finely chopped (150g approx.)  
1 medium carrot, finely diced  
Small bunch of fresh coriander, finely chopped (30g approx.)  
50g toasted cashew nuts, roughly chopped

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## METHOD

1. Preheat the oven to 160°C and line an oven tray with baking paper.
2. Trim the outer leaves from the head of cauliflower, cut the cauliflower in half and cut a 1.5cm steak from each half (you will have two steaks in total). Set half the cauliflower florets to one side for the pilaf and save the rest for another recipe.
3. Make the tandoori marinade by combining the garlic, ginger, tomato paste, garam masala, coconut yoghurt, maple syrup, salt, oil and smoked paprika in a small bowl and mix well. Place the cauliflower steaks on the baking tray and use a pastry brush to coat each side of the cauliflower steak. Bake the cauliflower steaks for 20mins, flip the steaks over and turn the heat up to 200°C. Bake for another 10mins.
4. While the cauliflower is in the oven, prepare the pilaf. Rinse the Organic Multigrain Rice blend in a fine-mesh sieve and then transfer to a medium pot. Add the water to the pot and bring the rice to a boil. Once boiling, reduce the heat to a gentle simmer and cover the pot with a lid. Cook the rice for 15mins or until all the water has been absorbed. Gently fluff the cooked rice with a fork.
5. Place a large saucepan, with a lid, on the stovetop at medium heat. Add the coconut oil, mustard seeds, cumin seeds and black pepper and warm until the mustard seeds start to pop (about 1min). To the pan, add the onion, curry powder, turmeric and salt. Saute until the onions are translucent and then add the garlic, cauliflower and carrots. Cook the vegetables for 5mins before adding the cooked rice. Stir well to combine, reduce the heat slightly and cover the pan. Cook for another 10mins or until the vegetables are tender.
6. Add the chopped coriander and cashew nuts to the rice just before serving and top each portion with a cauliflower steak.