

Cauliflower Steak

Learn how to make perfectly roasted cauliflower steaks with olive oil and spices. This healthy, vegan-friendly main dish is low-carb and keto-friendly!

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Cauliflower Steak

Ingredients

- 2 cauliflower
- 4 tbsp olive oil
- 2 clove garlic
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp oregano

Instructions

- 1 Prepare the oven and baking sheet**

Preheat the oven to 200°C (400°F). Line a large baking sheet with parchment paper.
- 2 Prepare the cauliflower**

Remove the outer green leaves from 2 large cauliflower heads but leave the core intact. Trim the stem end so the cauliflower sits flat on the cutting board.
- 3** Place each cauliflower stem-side down on the cutting board. Using a large, sharp knife, cut through the center to create 2 cm (¾-inch) thick slices, working from the center outward to get 4 steaks total.
- 4 Make the seasoning mixture**

Mince 2 cloves garlic. In a small bowl, combine 4 tablespoons olive oil, the minced garlic, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon onion powder, 1 teaspoon paprika, and 1 teaspoon dried thyme.
- 5** Whisk the oil mixture until all spices are evenly distributed and the garlic is well incorporated.
- 6 Season the cauliflower**

Place the 4 cauliflower steaks on the prepared baking sheet. Using a pastry brush or spoon, coat both sides of each steak generously with the seasoned oil mixture.
- 7 Roast the steaks**

Roast in the preheated oven for 15 minutes until the bottom side is golden brown and caramelized.

- 8 Carefully flip each steak using a wide spatula and roast for an additional 12-15 minutes, until both sides are golden brown and the cauliflower is tender when pierced with a fork.
- 9 **Rest and serve**
Remove from the oven and let rest for 3 minutes. Transfer to serving plates using a spatula and serve immediately while hot.

Tips

Choose a large, firm cauliflower head with bright white florets and no brown spots for the best results.

Keep the core intact when cutting steaks – it acts as the 'backbone' that holds the slices together during cooking.

Cut steaks to exactly $\frac{3}{4}$ inch thickness for even cooking. Thinner slices may fall apart, while thicker ones won't cook through properly.

Don't overcrowd the baking sheet – leave space between steaks for proper air circulation and browning.

Flip the steaks carefully using a spatula to avoid breaking them, and only flip once during cooking.

For extra crispiness, pat the cauliflower dry before seasoning and consider sprinkling with a small amount of cornmeal.

Test for doneness by inserting a fork into the thickest part – it should pierce easily when fully cooked.

Let the steaks rest for 5 minutes after cooking to allow them to firm up slightly before serving.