



**TOTAL TIME**

25 minutes

**PREP TIME**

5 minutes

**COOK TIME**

20 minutes

**SERVES**

4-6

**COOKING LEVEL**

Easy

RECIPE | TOMATOES



# GRILLED CAULIFLOWER STEAKS

**INGREDIENTS**

- 1 pint Pure Flavor® Organic Juno® Bites Red Grape Tomatoes, sliced
- 1 head organic cauliflower, sliced into 4 ½"-inch "steaks"
- ¼ cup organic red wine vinegar
- 3 tbsp kosher salt
- 2 tbsp organic sugar
- 1 ½ tsp crushed organic fennel seed
- Organic olive oil, for brushing

## DIRECTIONS

1. Put the cauliflower steaks in a large resealable bag or dish. Dissolve salt in 5 cups of water and pour over the cauliflower. Set aside for 45 minutes.
2. Simmer the vinegar, sugar, and fennel seeds in a small saucepan over medium heat for 5 minutes. Add the tomatoes and cook, stirring, until soft, about 2 minutes. Set aside.
3. Preheat an outdoor grill or a grill pan over medium heat. Drain the cauliflower and pat dry. Brush with olive oil and grill, covered, until lightly charred and crisp-tender, about 6 minutes per side.
4. Serve with tomato relish over steaks.



Follow us



[pure-flavor.com](http://pure-flavor.com)

