

## Keto Curried Cauliflower Steaks

### Description

*These steaks are delicious and amazing. You will enjoy every bite.*

**Prep time:** Ten minutes

**Total time:** Forty-five minutes

**Servings:** 2-4

### Ingredients

For Cauli-Steaks:

4 cauliflower steaks from one cauliflower (14.1 oz)

2 teaspoon of medium curry powder blend

2 tablespoons of extra virgin olive oil (2 Fl oz)

1 tablespoon of grated ginger (0.2 oz)

1/4 teaspoon of paprika

1/2 teaspoon of sea salt, or to taste

1/4 teaspoon of cracked black pepper

2 heaped tablespoons of chopped hazelnuts (20 g/ 0.7 oz)

2 heaped tablespoon of chopped macadamia nuts (20 g/ 0.7 oz)

### Serving Suggestions:

4 tablespoons of vegan sour cream (48 g/ 1.7 oz)

1 tablespoon of chopped parsley

## Instructions

1. First, preheat the oven to about 375 degrees F, then remove the cauliflower leaves. Cut the cauliflower into steaks and transfer to a lined baking tray.
2. Combine the paprika, curry powder, ginger, olive oil, pepper, and salt in a bowl.
3. Next, pour the marinade over the cauliflower steak and transfer the baking tray to the oven. Bake until crisp and golden, about forty minutes.
4. Next, transfer the nuts to a baking tray and roast until golden, about six minutes. Remove and set aside to cool.
5. Transfer the cauliflower to a plate and serve with fresh parsley, sour cream, and toasted nuts. You can also serve with Mediterranean salad, avocado and kale salad etc. Can be stored in the fridge for about three days.