Black Women for Wellness

Kitchen Divas

Spiced Cauliflower Steaks with Chermoula

Ingredients

Cauliflower

- 1 head of cauliflower, sliced into 1.5-inch pieces lengthwise
- 2 teaspoons berbere spice
- 1 teaspoon of baharat spice
- 1 teaspoon of salt
- 1/2 teaspoon of paprika
- 3 tablespoons of olive oil

Chermoula

- 1 bunch of cilantro
- 1 bunch of scallions
- 1 bunch of parsley
- 3 lemons, zested and juiced
- 1 tablespoon of chili flakes
- 1 teaspoon of cumin
- 1 teaspoon of coriander
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 4 cloves of garlic, peeled
- 1/2 cup of olive oil

Instructions

1. Preheat your oven to 425 F.
2. In a food processor, add your garlic and herbs and pulse for 45 seconds or until the herbs and garlic resemble a rough chop.
3. Add in your lemon zest and juice and pulse for another 10 seconds until everything is incorporated
4. Transfer the herb and garlic mix into a bowl and add olive oil until the herbs are coated in oil.
5. Season this mix with spices, salt, and pepper. Taste and adjust seasoning.
6. Prepare your cauliflower steaks with olive oil, salt, and spices. Place them onto a lined sheet tray and bake them at high heat for about 5-7 minutes, then flip them over and continue baking them for another 5 minutes.
7. Once the cauliflower is roasted and has some color, plate with your chermoula sauce and enjoy it as a side or entree with your favorite starch.

Recipe by Chef Tee