



Cauliflower Steak Salad with Sambal Matah

{ gluten-free, meatless, vegan, vegetarian, dairy-free }

Recipe serves 5-6 as a hearty side dish, or 3-4 if eaten as a main.

INGREDIENTS

For the Glaze/Dressing:

1/4 C tamari (or soy sauce if gluten is not an issue)

1/3 C coconut sugar

1 tbsp rice vinegar

2 tsp garlic, fine minced (1-2 cloves)

1 tsp ginger root, peeled and grated with microplane (or minced very fine to almost a paste)

For the Salad:

Avocado oil or other high heat oil of your choice for pan frying the cauliflower

1.5 lb (680g) large cauliflower head *, rinsed and trimmed of green leaves

1 lb napa cabbage, washed and shredded (cut into thin strips crosswise)

1/2 C PC Black Label Sambal Matah

**If you can't find a large cauliflower, get two medium heads. Florets that are not attached to the stem can still be used in this recipe but if you end up with extra florets, freeze them and roast them another day for a quick side!*

For garnish:

Scallion, sliced

Plain lightly salted potato chips, crushed slightly

Rice cereal



METHOD

For the Glaze/Dressing:

Whisk all ingredients together in a small saucepan over low heat until sugar is dissolved. Remove from heat and set aside.

For the Salad:

If the shredded napa cabbage is wet (from washing), spin it in salad spinner or pat with paper towels to get rid of excess water.

Preheat oven to 400f and line a baking sheet with parchment. Also, heat a 12" cast iron pan (or other heavy bottom pan) over medium heat.

While those are preheating, cut the cauliflower by placing it upside down on a cutting board and cut it into as many 1" steaks as you can, depending on how large the actual stem is which is what holds the 'steak' slice together in one piece. My pretty large 700g cauliflower yielded 4 steaks. If you went with two smaller heads of cauliflower, aim to get 2 (maybe 3) slices from each head and save extra florets in the freezer for another meal. That said, the loose clumps of cauliflower not attached to a stem can still be used in the salad, albeit they won't be in 'steak' pieces but rather in large florets.

Working in batches of two steaks at a time, add about 1.5-2 tsp of oil and gently place cauliflower steaks in the pan and slide it around a bit to make sure there is oil evenly on its bottom. Then leave it alone for 4 minutes or however long to get it nice and golden brown. Carefully flip and brown the other side the same way. Place gently on the lined baking sheet. Repeat with other steaks. Roast the baking sheet of panfried cauliflower in the preheated oven for 10 minutes. Generously brush on prepared Glaze/Dressing (set aside the rest for serving) and return to oven for 5 minutes or until cauliflower steaks are tender but firm.

To Serve:

Place shredded napa cabbage on serving platter or plates. Add cauliflower steaks on top. Drizzle with additional Glaze/Dressing to taste. Serve the salad immediately while cauliflower is still warm, or serve



it at room temperature. Once you are ready to serve it, top the salad with generous dollops of Sambal Matah, and sprinkles of sliced scallion, crushed potato chips and rice cereal. Enjoy this tasty dish! xx