

# Cauliflower Steak with Green Peppercorn Sauce

Yield: 4 min  
Total Time: 29 min

Recipe from: <https://www.recipeschoose.com/recipes/cauliflower-steak-recipe-indian>

## Ingredients:

- 1 cauliflower
- 4 steaks
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sweet paprika powder
- 1/4 teaspoon hot chili powder or flakes
- 1/2 teaspoon oregano dried, ground
- 1/2 teaspoon basil dried, ground
- 1/2 teaspoon rosemary dried, ground
- 3 tablespoons olive oil
- salt
- pepper
- 2 tablespoons dairy free butter
- 1/2 onion medium
- 1 clove garlic
- 1 tablespoon green peppercorn
- 1 teaspoon worchestershire sauce
- 1/2 cup broth Veggie
- 1/2 cup cream I used vegan rice cream
- 2 teaspoons corn starch
- salt
- pepper

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 22 grams

5. Fiber: 5 grams
  6. Protein: 6 grams
  7. SaturatedFat: 7 grams
  8. Sodium: 610 milligrams
  9. Sugar: 4 grams
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