

# Roasted Cauliflower Steaks

*with Curried Bok Choy & Black Rice*

**PREP TIME:** 15 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 2

One of our favorite ways to get creative with cauliflower is by turning it into "steaks"—or cutting it into thick slices and browning it in the oven. Here, our cauliflower steaks are complemented by subtly nutty and sweet black rice. We're serving it all together with curried bok choy: the fresh greens shine through the spicy and sour flavors of yellow curry paste, traditionally made from ingredients like galangal (a ginger relative) and lemongrass. (Note that your cauliflower may be white, green, orange or purple, depending on what's freshest near you!)



#### BLUE APRON WINE PAIRING:

Cave de Fleurie Beaujolais, 2015

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## Ingredients



1/2 cup  
BLACK RICE



1 3/4 cups  
LIGHT COCONUT  
MILK



3  
SCALLIONS



1 head  
CAULIFLOWER



1  
LIME



1/2 lb  
BABY BOK CHOY



1 bunch  
CILANTRO

#### KNICK KNACKS:



3 Tbsp  
ROASTED  
CASHEWS



2 Tbsp  
YELLOW CURRY  
PASTE



2 tsp  
GOLDEN  
MOUNTAIN SAUCE



1 1-inch piece  
GINGER



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## 1 Cook the rice:

- ☒ Preheat the oven to 475°F.
- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **rice** and cook, uncovered, 27 to 29 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Cut off and discard the stem end and leaves of the cauliflower; cut into 1-inch-thick slices (keeping them as intact as possible).
- ☐ Peel and mince the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Cut off and discard the root ends of the bok choy; roughly chop the leaves and stems.
- ☐ Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Roughly chop the cashews.
- ☐ Roughly chop the cilantro leaves and stems.



## 3 Roast the cauliflower:

- ☐ While the rice continues to cook, place the **cauliflower** on a sheet pan; drizzle with olive oil and season with salt and pepper. Gently turn to coat. Arrange in a single, even layer.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.



## 4 Start the curry:

- ☐ Once the cauliflower has roasted for about 10 minutes, in a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger, white bottoms of the scallions** and **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **bok choy** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the water has cooked off.

## 5 Finish the curry:

- ☐ Add the **coconut milk** (shaking the can just before opening) and **Golden Mountain sauce** to the pan; stir to combine and season with salt and pepper to taste. Cook, stirring occasionally, 5 to 7 minutes, or until thoroughly combined and the liquid is slightly reduced in volume.
- ☐ Turn off the heat and stir in the **lime zest** and the **juice of 2 lime wedges**. Season with salt and pepper to taste.



## 6 Finish the rice & plate your dish:

- ☐ Add the **green tops of the scallions** to the pot of **cooked rice**; stir to combine and season with salt and pepper to taste.
- ☐ Divide the finished rice and **finished curry** between 2 bowls. Top with the **roasted cauliflower**. Garnish with the **cashews** and **cilantro**. Serve with the **remaining lime wedges** on the side. Enjoy!