



BUTTER CAULIFLOWER

VEGAN-FRIENDLY | READER FAVORITE!

dishingouthealth.com



Original Website Link:

<https://dishingouthealth.com/butter-cauliflower-recipe/>

Ingredients

- 2 Tbsp. fresh lemon juice
- 2 tsp. corn starch
- ½ tsp. ground cumin
- 1 tsp. ground turmeric divided
- 3 tsp. garam masala divided
- 1 ½ tsp. salt divided
- 2 Tbsp. olive oil divided
- 1 medium head of cauliflower cut into florets
- 3 Tbsp. unsalted butter
- 1 yellow onion finely chopped
- 3 garlic cloves minced
- 2 tsp. freshly grated ginger sub ground ginger
- 2 Tbsp. tomato paste
- 1 tsp. paprika
- ¼ tsp. ground cinnamon
- Pinch of cayenne pepper optional
- 1 8-oz. can tomato sauce
- 2 cups vegetable broth
- ½ cup heavy cream sub full-fat canned coconut milk
- Basmati rice for serving
- Fresh cilantro and whole-milk Greek yogurt for garnish

Instructions

1. Combine lemon juice, corn starch, cumin, and ½ teaspoon each of turmeric, garam masala, and salt in a large bowl. Set aside.
2. Heat 1 tablespoon of the oil in a large skillet over medium-high. Cook cauliflower, tossing occasionally, until browned in places and beginning to soften, 7 to 8 minutes. Reduce heat to medium, and transfer cauliflower to bowl with corn starch mixture and toss to coat. Return seasoned cauliflower to skillet and cook another 7 to 8 minutes, until charred in spots and crisp-tender. Transfer cauliflower to a bowl.
3. Add remaining 1 tablespoon oil and butter to skillet. Add onions and cook until translucent, about 8 minutes. Stir in garlic, ginger, and tomato paste; cook 2 minutes, until fragrant. Add remaining ½ teaspoon turmeric, 2 ½ teaspoon garam masala, and 1 teaspoon salt, along with paprika, cinnamon, and cayenne; cook 1 minute. Add tomato sauce and broth; bring mixture to a boil. Reduce to a simmer, stir in cream, and return

cauliflower to skillet. Simmer mixture uncovered until sauce thickens, about 15 minutes. Garnish with cilantro and serve over rice with a dollop of yogurt.

