

Low-Carb Curried Cauliflower Steaks

Hands-on 10 minutes Overall 45 minutes

Nutritional values (per serving, appetizer/side): Total carbs: 8 g, Fiber: 3.6 g,

Net carbs: 4.5 g, Protein: 3.6 g, Fat: 23.1 g, Calories: 241 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 appetizers/sides or 2 mains)

Cauli-Steaks:

4 cauliflower steaks cut from the centre of a large cauliflower (400 g/ 14.1 oz)

2 tsp medium curry powder blend

4 tbsp [extra virgin olive oil](#) or melted [ghee](#) (60 ml/ 2 fl oz)

1 tbsp grated ginger (6 g/ 0.2 oz)

1/4 tsp paprika

1/2 tsp sea salt, or to taste

1/4 tsp cracked black pepper

2 heaped tbsp chopped [hazelnuts](#) (20 g/ 0.7 oz)

2 heaped tbsp chopped [macadamia nuts](#) (20 g/ 0.7 oz)

To serve:

4 tbsp sour cream (48 g/ 1.7 oz)

1 tbsp chopped parsley

Optional: fresh leafy greens of choice (arugula, spinach, watercress, lamb lettuce, etc.)

Instructions

1. Preheat the oven to 190 °C/ 375 °F (fan assisted.) Remove the leaves from the cauliflower. Slice the cauliflower slightly off centre down the middle and slice into 3 steaks. Be careful when cutting as the florets are fragile.
2. Transfer to a baking tray lined with greaseproof paper.
3. Mix the curry powder, paprika, olive oil, ginger, salt and pepper in a small bowl.
4. Cover the cauliflower steaks with the marinade using a silicone brush or spoon.
5. Bake in the oven for about 40 minutes, or until golden and slightly crisp.

6. After about 30 minutes, place the nuts on a baking tray and roast in the oven for 4-6 minutes until golden. Remove from the oven and allow to cool.
7. Place the curried cauliflower steaks on a plate and serve with sour cream, toasted nuts and fresh parsley. Optionally, serve with salad leaves or our [Quick Green Salad](#), [Avocado and Kale Salad](#), or [Mediterranean Salad](#). Tastes best when served fresh but can be stored in the fridge for 3 days.

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