

Miele

Cauliflower steaks with korma vegetables and raita

By Miele

15 minutes

Preparation Time

30 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Cauliflower steaks with korma vegetables

- 2 tbsp korma curry paste
- 2 tbsp vegetable oil
- 1 cauliflower, cut into 4 x 2 cm thick slices
- 1 red onion, roughly chopped
- 1 small red capsicum, cut into 1 cm thick strips
- 1 zucchini, halved and cut into 1 cm slices
- 1 tomato, roughly chopped
- 1 x 400 g tin chickpeas, drained
- 2 naan breads, halved

Cucumber raita

- 250 g natural yoghurt
- ½ Lebanese cucumber, coarsely grated
- 1 tbsp finely chopped mint leaves
- Salt flakes and pepper, to taste

To serve

- ½ Lebanese cucumber, sliced thinly
- 1 tomato, roughly chopped
- 2 tbsp mint leaves
- Mango chutney, optional

METHOD

Cauliflower steaks with korma vegetables

1. Combine the korma curry paste and oil in a small bowl.
2. Lightly grease a universal tray. Lay the cauliflower steaks on one side of the tray. Brush both sides of the cauliflower with the paste mixture.
3. Combine the onion, capsicum, zucchini, tomato, chickpeas and remaining paste mixture in a large bowl.
4. Spread the vegetable mix evenly onto the universal tray next to the cauliflower steaks.
5. Place the tray in the combi steam Pro oven. Select Special applications / Mix & Match / Crispy cooking, then select bar level 7. The vegetables should be tender and lightly caramelised. Continue cooking if the vegetables are not golden at the end of the cooking time.
6. Place naan in oven with 5 minutes remaining.

Cucumber raita

1. Place the yoghurt in a medium sized bowl.
2. Grate the cucumber and squeeze out the excess moisture well before adding to the yoghurt, either through a sieve or muslin cloth.
3. Stir in the chopped mint and season with salt and pepper. Set aside in the fridge.

To serve

1. Combine the cucumber, tomato and mint in a bowl.
2. Serve the cauliflower steaks with the korma vegetables, raita, naan, chutney and salad.

Alternative appliance function

1. Preheat the oven on Fan Plus at 190°C.
2. Change the oven function to Moisture Plus with Fan plus at 190°C, with 2 manual bursts of steam. Release the first burst of steam immediately and the second burst of steam after 10 minutes.
3. Cook the vegetables for 25 minutes, or until the vegetables are tender and lightly caramelised.