



Sweet and Spicy CAULILINI® baby cauliflower

Servings

8

Calories

140

Prep Time

30 minutes

Total Time

35 minutes

Skill Level

Easy

Ingredients

1 pound CAULILINI® baby cauliflower

1 teaspoon lemongrass, minced

1 teaspoon minced ginger

1 teaspoon minced garlic

3 tablespoons soy sauce

2 tablespoons honey

1 tablespoon rice vinegar

1 tablespoon sriracha sauce

4-5 drops Maggi seasoning

¼ cup chopped cashews or peanuts

1 tablespoon chopped cilantro



The Method

Mince the lemongrass, ginger, and garlic and set aside.

Mix soy sauce, honey, rice vinegar, sriracha and Maggi seasoning together in small bowl.

Meanwhile, in a large pot, bring 4-6 cups of water to a boil. Add 1 tablespoon salt to the water, and blanch CAULILINI® baby cauliflower for 3-4 minutes until cooked through. Remove CAULILINI® baby cauliflower and shock in a salted ice bath if not serving right away, or let rest on a sheet pan while preparing the next steps.

Add the cooked CAULILINI® baby cauliflower a few stalks at a time (as to not crowd the pan) and toss in the marinade. Remove the CAULILINI® baby cauliflower once coated and plate for serving. Reload the pan as needed, until all the CAULILINI® baby cauliflower has been glazed.

Garnish with chopped nuts and cilantro, and serve immediately.



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By Chef Aaron Sears | Member, Mann's Chef Panel

Nutrition Facts

Serving Size: 112g | Servings: 6

Amount Per Serving

Calories 90 | Total Fat 3g (sat 0.5g trans 0g) | Cholesterol 0mg | Sodium 760mg | Total Carbohydrate 14g | Dietary Fiber 2g |
Sugars 9g (Includes 6g Added Sugars) | Protein 3g | Vitamin D 0% | Calcium 2% | Iron 10% | Potassium 6%