



Teriyaki CAULILINI® baby cauliflower with Sriracha Peanuts

Servings

6

Calories

180

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Easy

Ingredients

½ cup soy sauce

½ cup rice wine vinegar

¼ cup Sambal chili paste

1 (6 ounce) can pineapple juice

½ cup honey

1 pound CAULILINI® baby cauliflower

½ cup chopped roasted peanuts

½ tablespoon Sriracha

Sesame oil, for cooking



The Method

In a 2 quart sauce pan, bring the soy sauce, vinegar, sambal, pineapple juice, and honey to a simmer and let reduce by two-thirds.

While sauce is reducing, bring 4-6 cups of water to a boil in a large pot. Blanch the CAULILINI® baby cauliflower for 4-6 minutes, or until tender. Once tender, remove from water and set aside.

Heat a small sauté pan over medium heat. Add in the peanuts and toast them, about a minute. Once the peanuts are toasted, add in the Sriracha and stir until all of the peanuts are coated. Remove the peanuts from the skillet and set aside.

Heat a medium sauté pan over medium high heat, add some sesame oil. When the pan is hot, add in the CAULILINI® baby cauliflower. Let the CAULILINI® baby cauliflower sear to a golden brown, and then add some of the reduced sauce. Make sure to coat the CAULILINI® baby cauliflower well. Once coated, remove from pan and place on serving dish. Drizzle some of the remaining sauce over the CAULILINI® baby cauliflower, and then garnish with the Sriracha peanuts.



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Nutrition Facts

Serving Size: 249g | Servings: 6

Amount Per Serving

Calories 180 | Total Fat 9g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 1380mg | Total Carbohydrate 17g | Dietary Fiber 5g | Sugars 9g (Includes 0g Added Sugars) | Protein 6g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 10%