



# Teriyaki CAULILINI® baby cauliflower with Sriracha Peanuts

**Servings**

4

**Calories**

180

**Prep Time**

15 minutes

**Total Time**

1 hour

**Skill Level**

Medium

## Ingredients

- ¼ cup soy sauce, low sodium
- ¼ cup rice wine vinegar
- ⅛ cup Sambal chili paste
- ½ cup can pineapple juice
- ¼ cup honey
- 1 (10 ounce) Mann's CAULILINI® baby cauliflower
- ¼ cup chopped roasted peanuts
- ¼ 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, blanch the CAULILINI® baby cauliflower by putting it into a large saucepan of boiling water for 2-3 minutes or until tender. Remove CAULILINI® baby cauliflower and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels. 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.

### Nutrition Facts

Serving Size: 173g | Servings: 4

#### Amount Per Serving

Calories 180 | Total Fat 5g (sat 1g Trans 0g) | Cholesterol 0mg | Sodium 1060mg | Total Carbohydrate 29g | Dietary Fiber 3g | Sugars 24g (Includes 17g Added Sugars) | Protein 4g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 6%