
Grilled Sesame Cauliflower

Total time: 40 min Yield: 6 Servings

Ingredients

1 large head of cauliflower (cut into large florets)
4 Tbsp fish sauce
6 Tbsp sesame oil
3 limes (juiced)
2 Tbsp Sambal Oelek chili paste or hot sauce
1/2 cup green onions (finely sliced)
1 Tbsp black sesame seeds (toasted)

Prep Time: 20 min Cooking Time: 20 min Total Time: 40 min

Instructions

Wash and remove leaves from the cauliflower and cut into florets. Make sure the florets are large enough so they won't fall through the grill racks.

For the marinade, place the fish sauce, sesame oil, lime juice and Sambal Oelek chili paste into a small bowl and mix well. In a large bowl, place cauliflower with half of the marinade and toss until evenly coated.

Preheat your gas grill on medium-high. While the grill is preheating allow the cauliflower to marinate for ten minutes. Grill cauliflower until tender and charred, 8 to 10 minutes per side. Once grilled place back into the bowl and pour in the remaining marinade.

Next add green onions, sesame seeds and toss to evenly coat. Serve this zesty healthy side with your favorite main dish.

Suggested Beverage Pairing: Kendall-Jackson Avant Chardonnay

Recipe brought to you by:

Chef Ryan Covert