



Manual

YIELD:

4 servings

PREP TIME:

10 minutes

COOK TIME:

5 minutes

Spice-Rubbed Cauliflower Steaks

INGREDIENTS

- 1 large head cauliflower (about 2 pounds, or 907 g)
- 2 tablespoons (30 ml) extra-virgin olive oil
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ cup (4 g) chopped fresh cilantro
- 1 lemon, quartered

1. Insert the steam rack into the Instant Pot®. Add $1\frac{1}{2}$ cups (350 ml) water.
2. Remove the leaves from the cauliflower and trim the core so the cauliflower sits flat. Place on the steam rack.
3. In a small bowl, combine the olive oil, paprika, cumin, and salt. Drizzle over the cauliflower and rub to coat.
4. Lock the lid. Press [Manual] and cook on high pressure for 4 minutes. Use the “Quick Release” method to vent the steam, then open the lid.
5. Lift the cauliflower onto a cutting board and slice into 1-inch-thick (2.5 cm) steaks. Divide among plates and sprinkle with the cilantro. Serve with the lemon quarters.