

WELL YOUR WORLD

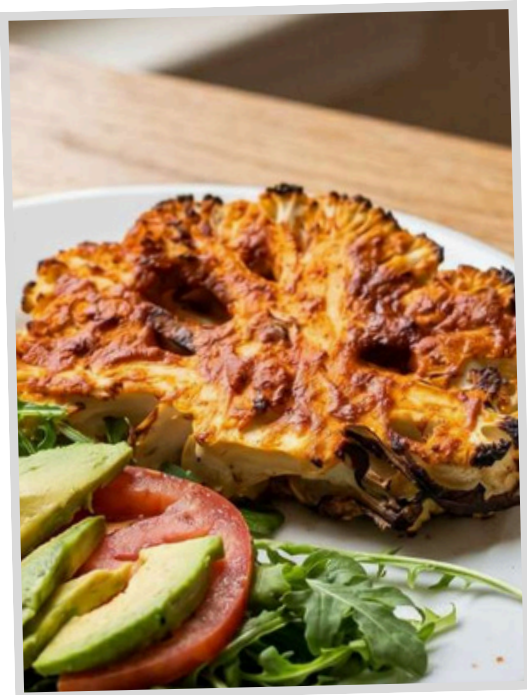


HEALTHY PLANT-BASED RECIPES

BBQ Cauliflower Steaks

INGREDIENTS

- **1 head cauliflower**
- **Bayou BBQ Sauce (see recipe)**



METHOD

Remove the outer leaves from the cauliflower. Carefully cut into 1–1½-inch thick steaks. You'll get 2–3 intact steaks from the center of the head — any loose florets can be cooked alongside.

Brush both sides of each steak generously with Bayou BBQ Sauce.

Air fryer method: Air fry at 375°F for 12–15 minutes, flipping halfway through and brushing on more sauce after the flip. The steaks are done when golden brown, slightly charred at the edges, and fork-tender.

Oven method: Preheat oven to 425°F. Place steaks on a parchment-lined baking sheet. Roast for 15 minutes, flip, brush with more sauce, and roast another 10–15 minutes until golden and fork-tender.

