

# Sticky Sesame Cauliflower

**Author:** Jodi Hoffmann & the base recipe came from Chocolate Covered Katie

**Category:** Side

**Servings:** 4-5

**Preparation Time:** 30 min

**Cooking Time:** 12-14 min

## **A note before we start:**

If you're planning to make this recipe ahead of time, do not pour the finished sauce over the cooked cauliflower; it will get watery. Also, this dish can be made into an entree by adding cooked ground chicken or turkey, and by serving it over cooked rice or orzo pasta. Feel free to add additional vegetables as well!

## **Ingredients:**

- 1 head of cauliflower (about 6-7 cups of florets)
- 4 tsp of vegetable oil (I use olive oil)
- 1/3 cup of low sodium soy sauce (I used tamari)
- 1/4 cup of pure maple syrup, or honey or agave (I used honey)
- 1/4 cup of rice vinegar
- 1 TBSP of minced garlic
- 2 tsp of toasted sesame oil
- 1/2 tsp of powdered ginger
- 2 TBSP of cornstarch or arrowroot
- 1/4 cup of water
- 1 scallion thinly sliced

**Step 1:** Preheat your oven to 375 degrees

**Step 2:** Cut the cauliflower into bite size florets and toss them in a mixing bowl with the vegetable oil to coat. Put them on a sheet pan lined with parchment paper (single layer to ensure even cooking) and place in the oven to cook. Bake until fork tender which depending upon their size should be 15 minutes.

**Step 3:** In a separate bowl or measuring cup, mix the cornstarch and water together until the cornstarch is completely incorporated into the water and set aside.

**Step 4:** In a saucepan, whisk together all the other ingredients except for the scallion. Bring to a boil. Slowly whisk in the cornstarch mixture into the sauce and return it to a gentle boil. Cook until thickened which usually happens fairly quickly, so don't take your eyes off it!

**Step 5:** If serving right away, pour the sauce over the cooked cauliflower and garnish with scallions.

**Buon Appetito!**



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