

Vegan Spicy Cauliflower Stir-Fry in 20 Minutes

Spicy Stir-Fried Cauliflower



TIME
20 min

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INGREDIENTS

- 1 medium head of cauliflower, cut into small florets
- 2 tbsp vegetable oil
- 2 cloves garlic, minced
- 2-3 dried red chilies, crushed (adjust to your spice level)
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp sugar (or to taste)
- 2 green onions, thinly sliced
- Salt and pepper, to taste

DIRECTIONS

1. Step 1: Prep the Cauliflower: Wash and cut the cauliflower into bite-sized florets.
2. Pat dry thoroughly so it sears well in the pan.
3. Step 2: Stir-Fry the Cauliflower: Heat vegetable oil in a large skillet or wok over medium-high heat.
4. Add the cauliflower and stir-fry for 6-8 minutes, until lightly browned and tender-crisp.
5. Add garlic and crushed chilies, stir for 30 seconds, until fragrant.
6. Step 3: Add Sauce Ingredients: Pour in soy sauce, rice vinegar, sugar, and a pinch of salt and pepper.
7. Stir and cook for 1-2 minutes to coat the cauliflower and slightly reduce the sauce.
8. Step 4: Finish with Sesame and Garnish: Drizzle with sesame oil, toss well.
9. Remove from heat and sprinkle with sliced green onions.
10. Serve immediately.

TIPS FOR SUCCESS

- Don't overcrowd the pan -cook in batches for best browning.
- Use tamari or coconut aminos for a gluten-free version.
- Add a splash of lime juice or chili crisp oil for extra complexity.
- Lightly toss cauliflower in cornstarch before stir-frying.

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