

## Oven-Roasted Cauliflower Steaks with Garlicky Mushroom Sauce

Cauliflower Steak with Mushrooms ??



**OVEN**  
**425°F**

**TIME**  
**40 min**

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### INGREDIENTS

1 large head of cauliflower, trimmed and sliced into 1-inch steaks

4 tablespoons olive oil, divided

1 teaspoon smoked paprika

1 teaspoon garlic powder

Salt and black pepper, to taste

1 lb mushrooms, sliced

3 cloves garlic, minced

1 tablespoon fresh thyme leaves

... cup vegetable broth

2 tablespoons balsamic vinegar

Fresh parsley, chopped (for garnish)

Instructions:

1. Roast the Cauliflower Steaks:

Preheat your oven to 425°F (220°C).

Arrange the cauliflower steaks on a baking sheet.

Drizzle with 2 tablespoons olive oil and sprinkle with smoked paprika, garlic powder, salt, and pepper.

Roast for 20-25 minutes, flipping halfway, until golden brown and fork-tender.

2. Cook the Mushrooms:

While cauliflower roasts, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat.

Add the mushrooms and cook until browned and tender, about 5-7 minutes.

Stir in the garlic and thyme, cooking for 1-2 more minutes until fragrant.

### 3. Make the Sauce:

Pour in the vegetable broth and balsamic vinegar, scraping the pan to deglaze.

Simmer 3-4 minutes to reduce slightly.

Season with additional salt and pepper as needed.

### 4. Serve:

Transfer the roasted cauliflower steaks to a serving platter.

Spoon the mushroom sauce generously over the top.

Garnish with fresh parsley and serve warm.

### Tips for Success:

Cut thick, even steaks from the center of the cauliflower for the best shape and texture.

Don't overcrowd the baking sheet-give the steaks room to roast, not steam.

Cremini, button, or portobello mushrooms all work beautifully here.

For added richness, stir a splash of non-dairy cream or butter into the mushroom sauce before serving.

### Serving Suggestions & Pairings:

## DIRECTIONS

1. Roast the Cauliflower Steaks:: Preheat your oven to 425°F (220°C).
2. Arrange the cauliflower steaks on a baking sheet.
3. Drizzle with 2 tablespoons olive oil and sprinkle with smoked paprika, garlic powder, salt, and pepper.
4. Roast for 20-25 minutes, flipping halfway, until golden brown and fork-tender.
5. Cook the Mushrooms:: While cauliflower roasts, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat.
6. Add the mushrooms and cook until browned and tender, about 5-7 minutes.
7. Stir in the garlic and thyme, cooking for 1-2 more minutes until fragrant.
8. Make the Sauce:: Pour in the vegetable broth and balsamic vinegar, scraping the pan to deglaze.
9. Simmer 3-4 minutes to reduce slightly.
10. Season with additional salt and pepper as needed.
11. Serve:: Transfer the roasted cauliflower steaks to a serving platter.
12. Spoon the mushroom sauce generously over the top.
13. Garnish with fresh parsley and serve warm.
14. Tips for Success: Cut thick, even steaks from the center of the cauliflower for the best shape and texture.
15. Don't overcrowd the baking sheet-give the steaks room to roast, not steam.
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17. For added richness, stir a splash of non-dairy cream or butter into the mushroom sauce before serving.
18. Serving Suggestions & Pairings: Serve this hearty cauliflower steak as a main dish or a luxe side. It pairs beautifully with:
  19. A side of quinoa, mashed potatoes, or wild rice
  20. A crisp green salad with lemon vinaigrette
  21. These : Sheet Pan Quesadillas for a fun dinner combo
  22. Tomato : Skillet with Okra and Sausage if you're mixing veg with meat
  23. This : Dorito Casserole if you want a comfort-food contrast
24. Storage & Reheating: Fridge: Store leftovers in an airtight container for up to 3 days
25. Reheat: Warm in a skillet or in the oven at 350°F until heated through

## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/oven-roasted-cauliflower-steaks-with-garlicky-mushroom-sauce/>