



Cauliflower with Miso Sauce

2 servings

1 head cauliflower cut into flowerets

2 Tb coconut oil

3 cloves garlic

1 Tb minced fresh ginger

1 cup water

1 Tb yellow miso

1 Tb Tahini

- Heat oil. Add cauliflower
- Sauté 3 minutes on medium heat so the cauliflower begins to brown
- Add garlic and ginger. Sauté 2 minutes to soften.
- Add water. Cover and simmer until crisp tender about 4 minutes
- Put miso into a little bowl. Add a few tablespoons of liquid from the pan to dissolve the miso.
- Add tahini to the miso liquid, stir to combine
- Pour the miso/tahini mix over the cauliflower
- Mix to coat the cauliflower evenly
- Serve