



# Creamy Butter Cauliflower Bowls Recipe

## Introduction

Butter Cauliflower Bowls present a delightful and healthier twist on traditional Indian butter chicken. This dish features nutrient-rich cauliflower enveloped in a creamy, flavorful sauce, making it a perfect option for vegetarians and anyone looking to enjoy a hearty meal. With a blend of spices, butter, and fresh ingredients, this recipe is not only easy to prepare but also incredibly satisfying.

## Detailed Ingredients with measures

1 cup basmati rice  
3 tablespoons unsalted butter  
3 cloves garlic, minced  
½ medium sweet onion, diced  
1 tablespoon freshly grated ginger  
2 teaspoons garam masala  
1 teaspoon chili powder  
1 teaspoon ground cumin  
¼ cup tomato paste  
1 (15-ounce) can tomato sauce  
2 cups vegetable stock  
Kosher salt and freshly ground black pepper, to taste  
1 head cauliflower, cut into florets  
½ cup heavy cream  
¼ cup chopped fresh cilantro leaves

## Prep Time

15 minutes

## Cook Time

30 minutes

## Total Time

45 minutes

## Yield

Serves 4

This Butter Cauliflower Bowl recipe is an excellent choice for a weeknight dinner or when entertaining guests. Serve it over fluffy basmati rice for a comforting meal that is packed with flavor and health benefits. Enjoy your cooking!

## Detailed Directions and Instructions

### Step 1: Prepare the Basmati Rice

In a large saucepan, combine 1 cup basmati rice with 2 cups water. Cook according to package instructions; set aside.

### Step 2: Sauté the Aromatics

Melt 3 tablespoons unsalted butter in a large stockpot or Dutch oven over medium heat. Add 3 cloves minced garlic and  $\frac{1}{2}$  diced medium sweet onion; cook, stirring frequently, until onions become translucent, about 2-3 minutes.

### Step 3: Add Spices and Tomato Paste

Stir in 1 tablespoon freshly grated ginger, 2 teaspoons garam masala, 1 teaspoon chili powder, 1 teaspoon ground cumin, and  $\frac{1}{4}$  cup tomato paste until fragrant, about 1 minute.

See also [Crab Rangoon Egg Rolls](#)

**Step 4: Incorporate Tomato Sauce and Vegetable Stock**

Add 1 (15-ounce) can tomato sauce and 2 cups vegetable stock; season with kosher salt and freshly ground black pepper to taste. Bring to a boil; reduce heat and simmer, stirring occasionally, until the mixture is reduced and slightly thickened, about 5-7 minutes.

**Step 5: Cook the Cauliflower**

Add 1 head cauliflower, cut into florets; cook until tender, about 8-10 minutes.

**Step 6: Add Cream and Cilantro**

Stir in  $\frac{1}{2}$  cup heavy cream until heated through, about 1 minute. Stir in  $\frac{1}{4}$  cup chopped fresh cilantro leaves; season with additional salt and pepper to taste.

**Step 7: Serve the Dish**

Serve immediately over the cooked basmati rice.

## Notes

**Note 1: Vegetarian Option**

This dish serves as a healthier, vegetarian alternative to traditional Indian butter chicken.

**Note 2: Cauliflower Preparation**

Ensure that the cauliflower is cut into evenly sized florets for uniform cooking.

**Note 3: Adjusting Spice Levels**

Feel free to adjust the chili powder according to your spice preference.

**Note 4: Fresh Herbs**

Chopped fresh cilantro adds a burst of flavor; however, it can be omitted if preferred.



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## Cook Techniques

## Cooking Basmati Rice

When cooking basmati rice, rinse it under cold water until the water runs clear to remove excess starch. Use a ratio of 1 cup rice to 2 cups water and cook according to package instructions for perfectly fluffy rice.

## Sautéing Aromatics

Melt butter over medium heat and add minced garlic and diced sweet onion. Sauté until the onions are translucent to enhance their sweetness and develop a fragrant base for the dish.

See also [Spicy Grilled Chicken Sandwich](#)

## Spice Blooming

Add fresh ginger, garam masala, chili powder, and ground cumin to the sautéed aromatics, stirring for about a minute. This process, known as blooming, releases the essential oils in the spices, enriching the flavor of the dish.

## Simmering Sauces

Combine tomato paste, tomato sauce, and vegetable stock in the pot, then season to taste. Bring the mixture to a boil and reduce heat to a simmer, allowing it to thicken and deepen in flavor over several minutes.

## Cooking Cauliflower

Add cauliflower florets to the sauce and cook until tender, about 8-10 minutes. This allows the cauliflower to absorb the flavorful sauce while becoming soft without losing its shape.

## **Incorporating Cream**

Stir in heavy cream towards the end of cooking, just until heated through. This will create a rich, creamy texture in the sauce without curdling.

## **FAQ**

### **Can I substitute cauliflower with another vegetable?**

Yes, you can use vegetables like broccoli, zucchini, or a mix of your favorites, but adjust the cooking time as needed.

### **Can I use a different type of rice?**

While basmati rice works best for its aroma and texture, you can use jasmine rice or substitute with quinoa for a gluten-free option.

### **Is this dish vegan-friendly?**

To make it vegan, you can substitute the heavy cream with coconut cream or a plant-based cream alternative, and use vegan butter instead of regular butter.

### **How can I spice it up more?**

You can increase the amount of chili powder or add fresh chilies for heat, or use a spicier garam masala mix.

### **What can I serve with Butter Cauliflower Bowls?**

These bowls can be served with naan, chapati, or a side salad for a complete meal.

See also Hellmann's Potato Salad Recipe

## Conclusion

This Butter Cauliflower Bowl provides a delightful and flavorful alternative to traditional dishes, showcasing the versatility of cauliflower in a rich and creamy sauce. It's not only satisfying but also packed with nutrients, making it a great choice for a wholesome vegetarian meal. Perfectly paired with basmati rice, this dish is sure to impress both vegetarians and meat-lovers alike.

### **Cauliflower Tikka Masala**

Transform the butter cauliflower into a tikka masala by marinating the cauliflower in yogurt and spices before roasting it. Serve with naan bread for a delightful meal.

### **Creamy Coconut Cauliflower Curry**

Substitute heavy cream with coconut milk for a tropical twist. Add in chickpeas for extra protein and serve with jasmine rice.

### **Spicy Cauliflower Tacos**

Roast the cauliflower with additional spices and serve it in corn tortillas topped with avocado, salsa, and lime for a delicious taco night.

### **Cauliflower and Spinach Quinoa Bowl**

Combine the cauliflower sauce with cooked quinoa and fresh spinach for a protein-packed bowl that's both filling and nutritious.

### **Cauliflower Fried Rice**

Chop the cauliflower finely and stir-fry with peas, carrots, and soy sauce for a lower-carb alternative to fried rice.

### **Garam Masala Roasted Cauliflower**

Season cauliflower florets with garam masala, olive oil, salt, and pepper. Roast until golden brown for a simple yet flavorful side dish.

### **Cauliflower and Lentil Stew**

Add cooked lentils to the cauliflower sauce for a hearty stew that's perfect for chilly nights. Serve with crusty bread for dipping.



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