

Less than 30 minutes

Serves 4

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Ingredients:

Cauliflower katsu (or schnitzel):

- 2 heads cauliflower
- 2 tsp (10ml) cornflour
- 1 cup (250ml) flour
- ½-1 tsp (3-5ml) salt
- 1-2 tsp (5-10ml) chilli flakes
- 1 cup (250ml) plant-based milk of choice (we used almond milk)
- 2 cups (500ml) panko breadcrumbs
- 1 cup (250ml) sunflower oil, for shallow-frying

Tonkatsu sauce:

- 6 Tbsp (90ml) Worcestershire sauce
- 6 Tbsp (90ml) tomato sauce
- 2 tsp (10ml) sugar
- 2 tsp (10ml) oyster sauce
- Lemon juice, to taste

Sandwich:

- 1 white bread “ouma” loaf, cut into 8 thick slices and toasted
- Vegan-friendly mayonnaise
- 3 cups (750ml) shredded red and green
- 4 radish, sliced
- ½ cucumber, sliced
- Handful fresh coriander and/or ruby microherbs

Method:

1. Slice cauliflower into 2cm-thick slices, keeping florets and stem attached to create “steaks”.
2. Combine flour, salt and chilli flakes.
3. Whisk a little milk into cornflour to create a smooth paste, then add remaining milk. (Doing it in two parts ensures no floury lumps.)
4. Coat cauli steaks in flour mixture, then dip in milk mixture and finally coat in panko crumbs.
5. Repeat coating process a second time for a thicker crumb.
6. Heat oil in a pan until simmering hot.
7. Fry steaks for about 3 minutes a side or until golden. Drain on kitchen paper.
8. Whisk sauce ingredients together in a saucepan and cook for 1-2 minutes until bubbling.
9. For serving, spread bread liberally with mayonnaise then top with salad bits, cauli steaks and spread with tonkatsu sauce.
10. Sandwich and serve while cauliflower is still warm.

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