



CAULIFLOWER BUFFALO WINGS

This clever recipe imitates the spices and texture of traditional chicken wings. A great way of getting more vegetables into the kids.

Preparation time: 10 minutes Cooking time: 40 minutes

Serves: 2

WHAT YOU'LL NEED:

1 large cauliflower

60g of flour

1-2 tsp of garlic powder

125ml of water

150 ml Buffalo hot sauce or a Peri Peri sauce (in all supermarkets, choose your heat preference)

2 tbsp of melted butter

1/2 tsp Sea salt

1 tsp Ground black pepper

Flat leaf parsley for garnish (optional)

WHAT TO DO:

Pre heat oven to 230 degrees C.

Cut the cauli into florets or bite sized pieces, they won't be perfectly uniformed so dont worry about that.

Put the flour, water, salt, pepper and garlic powder in a mixing bowl and whisk into a batter.

Toss the florets in the batter until evenly coated.

Place on a baking tray covered in parchment paper and bake in the oven for 20 minutes, turning after 10 minutes so crispy on both sides.

Melt the butter and combine with your choice of hot sauce.

Remove cauli from the oven and toss in the butter and hot sauce.

Put back into the oven for 20 mins until the sauce is baked in, crispy and browning on the edges.

And enjoy....Great for summer BBQ's