



# Spicy BBQ Cauliflower Wings



DIFFICULTY: EASY



PREPARATION TIME: 15  
MINS



COOKING TIME: 30 MINS



SERVES: 6-8

## Ingredients

- 1 small head cauliflower
- $\frac{3}{4}$  cup plain flour
- $\frac{1}{4}$  cup rice flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- $\frac{1}{2}$  cup buttermilk
- $\frac{3}{4}$  cup water
- 3 cups panko breadcrumbs
- Canola spray
- 1 cup spicy BBQ sauce
- 2 green shallots, thinly sliced
- Ranch dressing or aioli

## Method

Cut the cauliflower into bite size florets. Place the flours and seasonings into a medium bowl and make a well in the centre. Add the buttermilk and the water, then using a whisk, mix to form a smooth batter.

Preheat the oven on CircoTherm to 200°C and line 2 baking trays with baking paper. Dip the cauliflower florets into the batter then roll them in the panko breadcrumbs to completely coat. Place the florets onto the prepared trays leaving space between each piece. Spray lightly with canola spray.

Cook on shelf positions 1 and 3 for 15 minutes. Remove from the oven and brush each floret with the BBQ sauce then cook for a further 12 to 15 minutes.

Sprinkle with green shallots and serve with ranch dressing or aioli.

## Notes