



JANUARY

RECIPE

CAULIFLOWER HOT "WINGS"

This recipe makes 4 servings.

QUANTITY	INGREDIENT
2	Cauliflower
400g	Plain flour
500ml	Soya milk
100ml	Water
20g	Garlic powder
15g	Paprika
400g	Breadcrumbs (preferably Panko)
350ml	BBQ sauce
10ml	Sriracha sauce
3	Spring onions, trimmed and sliced

METHOD

1. Heat the oven to 180°C / Gas mark 4.
2. Cut the cauliflower into bite size florets.
3. In a large bowl mix the flour, milk, water, garlic powder and paprika. Stir until well combined.
4. Dip the florets into the batter so they are completely coated.
5. Then coat in the panko breadcrumbs.
6. Line a baking sheet with greaseproof paper. Lay the cauliflower on the baking sheet, being careful not to put the florets on top of each other. Bake for 25 minutes.
7. Meanwhile mix the BBQ and sriracha sauces together.
8. Transfer the cauliflower to a bowl. Pour over the BBQ sauce and coat the florets.
9. Put the coated "wings" back on to the lined baking sheet and return to the oven for a further 20 minutes.
10. Serve immediately, garnished with spring onions.

ALLERGEN INFORMATION *Please check product packaging for exact allergens. If you are decanting any products you must keep the packaging whilst you are using the product so that this can be given to customers upon request.*



CHEF'S TIPS

Use panko breadcrumbs as they make the wings a lot crispier.

For a gluten-free version, you can use chickpea flour instead of plain flour, omitting the breadcrumbs.

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