



CITRUS CAULIFLOWER WINGS

(courtesy of @laughingveggiefoodie)

Serves: 4 Preparation Time: 25 mins

INGREDIENTS

1 large head of cauliflower

½ cup Jars of Goodness Citrus hot sauce

2 tbsp unsalted butter, melted

Any creamy dressing such as ranch or blue cheese, for dipping

Batter:

¾ cup all purpose flour

¾ cup milk (of your choice)

1 tsp salt

1 tsp garlic powder

¼ tsp paprika

1/8 tsp ground pepper

METHOD

1) Preheat the oven to 230C and prepare a baking tray with parchment paper

2) Cut the head of cauliflower into medium-large size florets (around 1 inch in size)

3) Mix all the ingredients for the batter in a large bowl and stir until combined with no lumps

4) Put the cauliflower florets in the batter and ensure each piece is evenly coated. Place the

cauliflower on the baking sheet individually

5) Bake for around 20-25 minutes and flip halfway

6) Whilst the cauliflower is cooking, combine the melted the butter and citrus hot sauce in a large

bowl. Keep aside

7) Once the cauliflower is cooked through, toss into the citrus hot sauce until all the florets have

been coated

8) Return the cauliflower into the oven for a further 5 minutes

9) Serve with a fresh creamy dressing of your choice