

# Asian Cauliflower Wings

Total time **45 mins** 45 mins preparation time

Nutritional facts (per portion):  
**1888 kJ / 451 kcal**

Fat: **15.9 g** Protein: **15.3 g**  
Carbohydrates: **40.8 g**

## INGREDIENTS

4 portion(s)

### For the cauliflower wings

|               |  |
|---------------|--|
| <b>1</b>      | cauliflower  |
| <b>65 g</b>   | wheat flour  |
| <b>2 tbsp</b> | Kikkoman Naturally Brewed Soy Sauce                    |
| <b>3</b>      | garlic cloves  |
| <b>3 tbsp</b> | ketchup  |
| <b>50 ml</b>  | Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce |
| <b>2 tbsp</b> | pale treacle syrup (or agave syrup)                    |
| <b>1 tbsp</b> | grated ginger  |
| <b>1 tbsp</b> | sesame oil   |
| <b>3 tbsp</b> | lime juice   |
| <b>Also</b>   |  |
| <b>2</b>      | spring onions  |
| <b>200 ml</b> | coconut milk   |
| <b>75 g</b>   | peanut butter  |
| <b>2 tbsp</b> | lime juice   |
| <b>2 tbsp</b> | Kikkoman Naturally Brewed Soy Sauce                    |
|               | Chilli powder  |
| <b>2 tbsp</b> | sesame seeds   |
|               | A few coriander leaves                                 |

## PREPARATION

### Step 1

Divide the cauliflower into florets and wash. Combine the flour with approx. 150 ml water and soy sauce. Dip the florets into the mixture and arrange on a baking tray lined with baking paper. Bake in a pre-heated oven at 225 °C for approx. 15 minutes.

### Step 2

Peel and crush the garlic. Combine it with ketchup, Tamari, syrup, ginger, oil and lime juice. Mix the hot cauliflower wings with the marinade and return to the oven for another 5-10 minutes.

### Step 3

Trim and wash the spring onions, then cut them into fine rings. Bring the coconut milk and peanut butter to the boil, then season with lime juice, soy sauce and ground chili. Serve the cauliflower wings with a spring onion, sesame seed and coriander garnish with coconut sauce on the side.