

Honey-Garlic Cauliflower

Meal time: Lunch/ Dinner

Meal course: Starter

Meal type: Vegetarian

Country of Origin: China

Difficulty: Easy

Servings: 6

Total time: 25 minutes

Ingredients

80 ml soy sauce
 25 g scallions, sliced
 120 g all-purpose flour
 2 teaspoons corn starch
 240 g panko breadcrumbs
 60 ml water
 3 eggs, beaten
 1 tablespoons sriracha
 1 head cauliflower, chopped into bite-size florets
 1 lime, juiced
 80 g honey
 2 garlic cloves, minced

Nutrition Facts

	Amount per serving
Calories	220
Total Fat	5.2g
Saturated Fat	1.4g
Cholesterol	92 mg
Sodium	232 mg
Total Carbohydrate	39 g
Dietary fibre	2 g
Total Sugars	19 g
Protein	6 g
Vitamin D	19 IU
Calcium	35 mg
Iron	1.72 mg
Potassium	238 mg

Instructions

1. Toss together cauliflower and flour in a bowl until fully coated.
2. Add eggs, 2 tablespoons water to one bowl and whisk well. Add panko crumbs to another bowl.
3. Now dip cauliflower first into egg mixture, then coat with crumbs.
4. Transfer coated cauliflower to a foil lined baking sheet and season with a generous pinch of pepper and salt.
5. Bake in a preheated oven at 200 °C, for 20 to 25 minutes, until crispy and golden.
6. In the meantime, whisk together water and cornstarch in a small bowl and set it aside.
7. Mix juice of one lime, honey, soy sauce, 1 tablespoons sriracha and garlic cloves in a saucepan over medium-high flame. Bring it to a boil, then turn down the heat and add in cornstarch mixture. Simmer for few minutes, until thickened.
8. Add in cooked cauliflower and toss with sauce until coated.
9. Place cauliflower back to the baking sheet and broil for 2 minutes. Enjoy garnished with scallions.

Notes: this recipe is a great option of healthy snack or a starter dish. You can serve it with any sauce you like. To make a vegan option, just use maple syrup instead of honey. The dish is low in sodium and loaded with vitamins.