

# Crispy Cauliflower Wings

These Crispy Cauliflower Wings are a flavor-packed appetizer or snack. They're crunchy, spicy, and perfect for dipping!

**Author** Sarah Cobacho (plantbaes.com)



## PREP TIME

15 minutes

## COOK TIME

25 minutes

## TOTAL TIME

40 minutes

**Servings** 2

**Course** Appetizer

**Cuisine** Plant-Based

**Keyword** cauliflower, Easy Snack, ginger, gluten-free option, High Protein, lime, maple syrup, soy milk, Spicy, turmeric

## Ingredients

### Main Ingredients

- ½ cauliflower chopped into florets
- 3 sprays olive oil

### Batter

- ½ cup spelt flour
- ⅔ cup soy milk
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp garlic powder
- pinch Salt and pepper to taste

### Breading

- 1 cup panko crumbs
- dash Salt and pepper to taste

### Sauce

- 1 tsp sesame oil
- 1 tbsp ginger minced
- 1 tbsp harissa paste use half if sensitive to heat
- 1 tbsp maple syrup
- ½ lime juiced
- pinch sea salt flakes
- 1 orange juiced

- ⅓ cup water
- ½ tbsp tapioca flour

## Instructions

1. Preheat your oven to 435F/220C. Prepare a baking tray by lining it with parchment paper.
2. In a mixing bowl, combine all the batter ingredients. Stir until you get a smooth, lump-free batter.
3. On a separate plate, spread out the panko crumbs for breading. Season with a dash of salt and pepper.
4. Dip each cauliflower floret into the batter, ensuring it's well-coated. Then roll it in the panko crumbs. Place the coated florets on the prepared baking tray.
5. Spray the coated cauliflower florets lightly with olive oil. Bake for 25 minutes, flipping the florets halfway through to ensure even cooking.
6. While the cauliflower is baking, prepare the sauce. In a pan over medium heat, add sesame oil, and ginger. Cook until fragrant, about 2 minutes.
7. Add the harissa, maple syrup, lime juice, orange juice, and salt to the pan. Stir well to combine all the ingredients.
8. In a separate bowl, mix the tapioca starch with 1/3 cup of water. Add this mixture to the pan and stir until the sauce thickens.
9. Once the cauliflower is done, drizzle the sauce over it. Serve immediately to maintain the crunchiness. For extra crunch, serve the sauce on the side for dipping.