

Spicy Cauliflower Bites with Sweet Dipping Sauce

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 minutes
- Servings: 4



Ingredients:

- Carlini Cooking Spray
- 4 slices liveGfree Whole Grain Gluten Free Bread, coarsely chopped
- 1/2 cup liveGfree Gluten Free Baking Mix
- 1/2 cup Friendly Farms Unsweetened Original Almondmilk
- 1/4 teaspoon ground Stonemill Peppercorn Grinder
- 1/4 teaspoon Simply Nature Organic Ground Cayenne
- 1 teaspoon Simply Nature Organic Garlic Granules
- 1 small head cauliflower, cut into florets
- 2 green onions, sliced on the bias
- 1/4 teaspoon lime zest
- 1 tablespoon chopped cilantro
- 3 tablespoons Specially Selected 100% Pure Maple Syrup
- 1 tablespoon Fusia Reduced Sodium Soy Sauce
- 2 tablespoons lime juice
- 1/4 teaspoon Stonemill Ground Ginger*

***These are Seasonal items that are only in stores for a limited time and may no longer be available.**

Directions:

1. Heat oven to 450°.
2. Line a baking sheet with foil and coat with cooking spray. Reserve.
3. Using a food processor, add bread and process until coarse, resembling panko breadcrumbs. Transfer to baking sheet and bake for 5 minutes or until all crumbs are golden brown. Reserve in medium bowl.
4. In a separate medium bowl, combine baking mix, almond milk, pepper, cayenne and garlic. Whisk until batter is smooth.
5. Dip cauliflower pieces into batter, shaking off any excess. Roll in breadcrumbs until completely coated. Place cauliflower on baking sheet.
6. Bake cauliflower for 15 minutes or until golden brown. Garnish with green onions, lime zest and cilantro.
7. Meanwhile, make the sauce. Combine maple syrup, soy sauce, lime juice and ginger. Whisk until combined. Serve sauce alongside cauliflower.

TIP: Squeeze a lime on top of cauliflower when it comes out of the oven for a little extra zip!



Recipe Courtesy of:
ALDI Test Kitchen