

Asian Cauliflower Wings

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

Nutritional facts (per portion):
1,888 kJ / 451 kcal

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

INGREDIENTS

4 portion(s)

For the cauliflower wings

1 cauliflower
65 g wheat flour
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
3 garlic cloves
3 tbsp ketchup
50 ml [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
2 tbsp pale treacle syrup (or agave syrup)
1 tbsp grated ginger
1 tbsp sesame oil
3 tbsp lime juice

Also

2 spring onions
200 ml coconut milk
75 g peanut butter
2 tbsp lime juice
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
Chilli powder
2 tbsp 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° 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.