

CRISPY HONEY GARLIC CAULIFLOWER

Yield: 8-10 portions

Ingredients	Amounts
Cauliflower, cut into bite sized florets	2 ea.
Panko breadcrumbs	4 cup
Cooking oil spray	as needed
Eggs, whisked	4 ea.
Scallions, finely sliced	4 ea.
<i>The Sauce</i>	
Honey	¾ cup
Garlic cloves, minced	6 ea.
Onion powder	1 tsp.
Water	½ cup
Cornstarch	2 Tbsp.
Soy sauce	¼ cup
Sriracha sauce/hot sauce	1 Tbsp.
Black sesame seeds	1 tsp.
White sesame seeds	1 tsp.

Method

1. Preheat oven to 350°F with fan.
2. Line a large baking sheet with parchment paper. Spread panko crumbs in a thin even layer across the surface of the baking sheet. Spray panko crumbs with cooking oil spray. Bake crumbs about 5-7 minutes or until golden brown.
3. Set whisked eggs aside in a small bowl. Line another large baking sheet with parchment paper.
4. Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. Then place into sheet with panko crumbs. Cover cauliflower with panko, pressing the crumbs gently against the cauliflower to help them stick.
5. Place coated cauliflower on empty prepared baking sheet. Repeat until all cauliflower is coated.
6. Bake for about 15-20 minutes or until cauliflower is cooked and the coating is a dark golden brown.
7. *For the Sauce:* put all the ingredients for the sauce together in a pot and bring to a boil. Whisk until it thickens. About 1-2 minutes.
8. To serve, drizzle the sauce on the cauliflower, and top with both sesame seeds.