Cauliflower nuggets with Romesco sauce

Raciones para 2

- ❏ 450 g
  Raw cauliflower (about 310 g. Cooked and drained)
- ❏
  Salt and black pepper
- ❏
  Nutmeg, parsley, oregano, onion powder
- ❏ 25/30 g
  Oatmeal
- ❏ 100 g
  Grated cheese
- ❏ 2
  Tomatoes
- ❏ 2
  Red peppers
- ❏ 1 handful
  Almonds and toasted hazelnuts
- ❏ 1/2
  Garlic Clove
- ❏ 1 pinch
  Cayenne pepper
- ❏ 2 tablespoons
  Apple vinegar
- ❏ 100 g
  Extra virgin olive oil
- ❏
  Salt

1. Cut the cauliflower, removing only the tufts and the stem. Weight and put in a tupperware. Put in the microwave at full power for 10 minutes or until tender.
2. We take it off and put it in a colander to drain the water it contains. We crush with a fork.
3. In a bowl we put the cheese, oatmeal, salt and spices. Then we enter the cauliflower and mix well. Add salt.
4. Form 12 small balls and give them cauliflower-shaped nugget.
5. We light the fire and put a pan painted with oil. Doramos cauliflower nuggets few minutes on each side until we get the desired crispy.
6. For the sauce, wash the tomatoes and let them cut at the top. Enter tomatoes and starting head garlic in two in the oven at 200 for about 25 minutes. At the same time introduces the peppers in boiling water to hydrate
7. Over time, take out the tomatoes and peel them. Do the same with the garlic. Remove the meat from the peppers and discard the skin.
8. Put garlic, tomatoes in with the other ingredients and ground to have a fine and homogeneous sauce.

Chef's Notes

https://cookinglovers.teka.com/en/receta/nuggets-de-coliflor-y-salsa-romesco/