Buffalo wings style cauliflower



Consejo del chef

Serve with yoghurt sauce, celery sticks, radishes and rocket.

Raciones para 2

- ❏ **600 gr** Cauliflower
- ❏ **2** Tablespoons of oat flour
- ❏ **2** Tablespoons of ground almonds
- ❏ **6** Tablespoons of vegetable drink
- ❏ **1/2** Teaspoon of onion powder
- ❏ **1/2** Teaspoon of garlic powder
- ❏ **1/2** Teaspoon of garlic powder
- ❏ Salt and pepper to taste
- ❏ **4** Tablespoons of barbecue sauce

1. Cut the cauliflower into florets, wash very well and set aside.
2. Mix the rest of the ingredients (except the almond flour and the barbecue sauce).
3. Leave this mixture to stand in the fridge for 30 minutes.
4. After this time, mix the sauce with the cauliflower.
5. Evenly coat the dressed cauliflower with the almond flour.
6. Brush with barbecue sauce.
7. Carefully place in the Air Fryer and bake at 180° for 20-30 minutes (depending on how browned you want it).

Chef's Notes

https://cookinglovers.teka.com/en/receta/coliflor-al-estilo-buffalo-wings-en-horno-airfry/