

# 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

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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

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

