



CAULIFLOWER BUFFALO WINGS

Serves 4-6

Delicious as a snack or a side



**HOT
TIP**

Ingredients

4 cups (410 g)	Cauliflower florets, chopped
½ cup	Flour, all-purpose
¼ cup	Maizena/Tapioca flour
2	Eggs, large
¼ tsp	Cayenne pepper
½ tsp	Paprika
1 tsp	Garlic powder
½ tsp	Salt
¼ tsp	Pepper, black
½ cup	Buffalo sauce

Method

1. In a medium bowl mix the flour, tapioca flour, cayenne pepper, paprika, garlic powder, salt and pepper.
2. In a second bowl whisk the eggs.
3. Set up an assembly line with the cauliflower, eggs and flour mixture.
4. Start by dipping the cauliflower in the eggs making sure its fully coated.
5. Then roll the coated cauliflower in the flour mixture and shake off any excess.
6. Repeat with all the cauliflower florets.
7. Place the cauliflower in the air-fryer basket in a single layer leaving gaps between pieces so the air can flow through.
8. Close the air-fryer and cook at 200 °C for 10 minutes.
9. Repeat with the remaining cauliflower.
10. Add the cooked cauliflower to a large mixing bowl.
11. Once all the cauliflower is almost cooked, heat up the buffalo sauce on medium heat.
12. Pour the buffalo sauce over the cauliflower and carefully mix to coat the cauliflower.
13. Serve hot.