

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

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

