

Asian Cauliflower Wings

Total time **45 mins** 45 mins preparation time

Nutritional facts (per portion):
1,888 kJ / 451 kcal

Fat: **15.9 g** Protein: **15.3 g**
Carbohydrates: **40.8 g**

INGREDIENTS

4 portion(s)

For the cauliflower wings

1 cauliflower
65 g wheat flour
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)

For the glaze

3 garlic cloves
3 tbsp ketchup
50 ml [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
2 tbsp golden syrup (or agave syrup)
1 tbsp grated ginger
1 tbsp sesame oil
3 tbsp lime juice

To serve

200 ml coconut milk
75 g peanut butter
2 tbsp lime juice
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
Chilli powder
2 spring onions, finely sliced
2 tbsp sesame seeds
A few coriander leaves

PREPARATION

Step 1

Divide the cauliflower into florets and rinse under the tap. Combine the flour with approx. 150 ml water and 2 tbsp Kikkoman soy sauce. Dip the florets into the mixture and arrange on a baking tray lined with baking paper. Bake in a pre-heated oven at 225° for approx. 15 minutes.

Step 2

Peel and crush the garlic. Combine it with ketchup, 50 ml Kikkoman soy sauce, syrup, ginger, oil and lime juice. Mix the hot cauliflower wings with the glaze and return to the oven for another 5-10 minutes.

Step 3

To make the dipping sauce bring the coconut milk and peanut butter to the boil, then season with lime juice, soy sauce and ground chilli. Serve the cauliflower wings with a spring onion, sesame seed and coriander garnish and with the coconut dipping sauce on the side for dipping.