



Vegan Bang Bang Cauliflower

Description

This crispy, spicy, and slightly sweet Vegan Bang Bang Cauliflower is an absolute game-changer! Coated in a crunchy panko crust and drizzled with a creamy, zesty bang bang sauce, this dish is the perfect plant-based appetizer or side dish that's guaranteed to impress.

Ingredients:

For the Cauliflower:

- 1 medium head of cauliflower, cut into bite-sized florets
- $\frac{3}{4}$ cup all-purpose flour (or gluten-free flour)
- $\frac{3}{4}$ cup unsweetened plant-based milk
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 $\frac{1}{2}$ cups panko breadcrumbs (for extra crunch)
- Cooking spray or oil for baking

For the Bang Bang Sauce:

- ½ cup vegan mayo
- 2 tablespoons sweet chili sauce
- 1 tablespoon sriracha (adjust to taste)
- 1 teaspoon maple syrup or agave
- 1 teaspoon lime juice

Instructions:

□ Prepare the Batter

- Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
- In a large bowl, whisk together the flour, plant-based milk, garlic powder, salt, and pepper until smooth.
- Place the panko breadcrumbs in a separate shallow bowl.

2. Coat the Cauliflower

- Dip each cauliflower floret into the batter, letting any excess drip off.
- Roll in the panko breadcrumbs until evenly coated.
- Place the coated florets on the prepared baking sheet, spacing them out evenly.

3. Bake (or Air Fry) the Cauliflower

- Lightly spray the florets with cooking oil for extra crispiness.
- Bake for 25 minutes, flipping halfway through, until golden brown and crispy.
 - **Air Fryer Method:** Cook at 375°F (190°C) for 15-18 minutes, shaking the basket halfway through.

4. Prepare the Bang Bang Sauce

- In a small bowl, whisk together the vegan mayo, sweet chili sauce, sriracha, maple syrup, and lime juice.

5. Serve & Enjoy

- Drizzle or toss the crispy cauliflower in the bang bang sauce right before serving.
- Garnish with chopped green onions or sesame seeds for extra flavor.
- Serve immediately for the best texture!