



Baked Spicy Cauliflower Nuggets

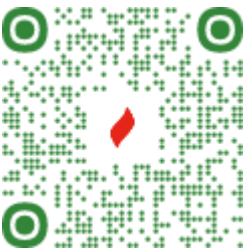
🕒 60–70 Min   

Preparation

Ingredients 2 Portions

🔥 = Kotányi Produkte

1 piece	Cauliflower, large
120 ml	Milk (or plant-based milk)
60 g	Flour
1	Cup of breadcrumbs
1 tsp.	🔥 Chili Amazonian
1 pinch	🔥 Sea Salt, Coarse
	Vegetable oil



- 1 Wash the cauliflower then pat dry with a piece of paper towel. Now cut the whole head into small florets.
- 2 While you are preparing the ingredients, preheat the oven to 200°C (392°F).
- 3 Combine the flour and milk in a bowl. In a second bowl, mix the breadcrumbs and a little salt together. Mix in 1 tsp. of Amazonian chili.
- 4 Dip the cauliflower florets into the milk and flour mixture. We recommend allowing the excess to drip off the florets, as then it will be easier to dip them in the breadcrumb mixture. The florets should be completely covered in the breadcrumbs.
- 5 Line the baking tray with a piece of baking parchment and spray with the oil spray. Arrange the cauliflower florets on the baking tray. Be sure that they aren't too close to each other.
- 6 The florets will need around 40 minutes in the oven. They should be crispy at the end of the cooking time.
- 7 Remove from the oven and serve while still warm. Kotányi recommends serving with a fresh herb dip for the ultimate taste sensation.