

Popcorn Cauliflower



Cauliflower leftovers sat in your fridge? Turn it into a crowd pleaser snack, or appetiser for entertaining!

Ingredients

1/2 cauliflower, cut into bite size florets

1/2 cup buttermilk

1/4 tsp white pepper

1 tsp garlic powder

1 tsp onion powder

1/2 cup chickpea flour (or plain flour)

2 tsp parmesan cheese, grated

Method:

1. Preheat the oven to 200C.
2. In the first bowl, add the buttermilk, pepper, garlic and onion powder and salt. Mix well. In another bowl combine the chickpea flour and parmesan.

3. Dip the cauliflower florets in the spiced buttermilk, then coat with the flour mix.
4. Spray with olive oil spray and roast in the oven, turning halfway for 15- 20 minutes, or until cooked and golden brown.