



# BANG BANG CAULIFLOWER

**Season:** Winter, spring  
**From the garden:** Cauliflower, lettuce, coriander  
**Type:** Dinner  
**Difficulty:** Moderate  
**Country of origin:** China  
**Serves:** 30 tastes  
**Source:** [bbcgoodfood.com](http://bbcgoodfood.com)

## Equipment

- \*chopping board and knife
- \*bowls and mixing spoon
- \*slotted spoon
- \*measuring cup and spoons
- \*lined baking tray
- \*whisk

## Ingredients

- \*1 ¼ cups plain flour
- \*2 tsp paprika powder
- \*1 cup milk
- \*200 g panko breadcrumbs
- \*1 tsp salt + pepper to taste
- \*1 large cauliflower

## SAUCE:

- \*½ cup sour cream
- \*2 tbsp sweet chilli sauce
- \*juice of ½ lemon

\*shredded lettuce and coriander to serve

## Method

- 1.preheat the oven to 200 degrees
- 2.measure flour, milk, paprika, salt and pepper into a bowl and whisk together
- 3.place the breadcrumbs into another bowl

4. cut the cauliflower into bite sized florets
5. put a handful of florets into the batter and stir until they are evenly coated
6. scoop them out with a slotted spoon and place into the bowl with the breadcrumbs
7. gently shake the bowl around to cover the cauliflower florets with the crumbs
8. place the cauliflower on a baking tray lined with baking paper
9. finish off the remaining cauliflower and then bake for around 25 minutes until browned and crisp
10. mix the sauce ingredients together and cut up the lettuce leaves and coriander
11. serve the bang bang cauliflower in tacos with a drizzle of the sauce and some lettuce and coriander

**Note:** A vegetarian version of bang bang chicken

**Skills:** *measuring, chopping, whisking, coating*