



Bang Bang Cauliflower

My cauliflower obsession continues... and this may be one of my favourite dishes ever! BUT so many recipes for bang bang cauliflower have far too many ingredients and even more steps. I like easy, simple recipes that are still delicious. So, I've been playing around with this one and I'm really happy with this version.

INGREDIENTS

- 2 heads cauliflower, cut into florets
 - 2 tablespoons olive oil
 - ½ cup sriracha (chilli sauce)
 - ½ cup honey or maple syrup
 - 2 grated cloves of garlic
 - 2 tablespoons cornflour
 - 4 tablespoons cold water
- Spring onion, coriander, sesame seeds to garnish
 - Rice to serve

METHOD

- Preheat oven to 180C. Coat the cauliflower in the olive oil and bake for 30 minutes
 - In a bowl, mix the sriracha, garlic and honey (or maple)
- Once the cauliflower has been baking for the initial 30 minutes, pour the mix all over it, coat well and return to the oven for a further 20 minutes
- In a little bowl mix the water and cornflour, pour this into the cauliflower, mix and bake for a final 10 minutes
 - Sprinkle with sesame seeds, spring onion and coriander
 - Serve with rice