

Under 45 minutes

Serves 4-6

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Ingredients:

- 2 cups (500ml) flour
- ½ cup (125ml) panko breadcrumbs (regular breadcrumbs work too)
- ½ punnet (10g) parsley, chopped
- 2 tsp (10ml) chilli flakes
- 1 tsp (5ml) smoked or regular paprika
- Salt and milled pepper
- 2 heads (300g each) cauliflower, broken into florets
- 1 bottle (500ml) buttermilk
- Glug olive oil

Sauce:

- ½ cup (125ml) hot sauce or chilli sauce
- ½ cup (125ml) butter
- 2 Tbsp (30ml) sugar
- 2 Tbsp (30ml) Worcestershire sauce
- Salt
- 2 tsp (10ml) smoked paprika

For serving:

- Creamy dipping sauce (we used herby cream cheese)
- Chopped spring onion, chilli and coriander, for sprinkling
- Lime wedges and snacking cucumbers or pickled cucumbers for your platter

Method:

GOOD IDEA

Make these completely plant-based by swapping buttermilk for plant-based milk.

1. Preheat oven to 220°C and line a baking tray with baking paper, placing a wire rack on top.
2. Combine flour, breadcrumbs, parsley, chilli flakes, paprika and seasoning.
3. Dip florets in buttermilk, then toss in flour mixture and place on prepared tray.
4. Drizzle with olive oil.
5. Bake for 20 minutes, turn over and bake for another 10 minutes or until golden and tender.
6. Combine sauce ingredients in a saucepan and simmer for about 4 minutes. (Keep warm until cauliflower is ready).
7. Toss cauliflower through sauce.
8. Place cauliflower on a platter and sprinkle with spring onion, chilli and coriander.
9. Serve with a creamy dipping sauce, snacking cucumbers and lime wedges on the side.

Cook's note: These little bites are very spicy. If you prefer, you can use a milder chilli sauce or swap half the amount of chilli sauce for BBQ sauce.

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