HEALTHY TIPS

Sticky Peanut Cauliflower Wings (Vegan)

By bestfolkmedicine · 29/09/2018 · 1 min read



Laura Hemmington from One Green Planet describes these cauliflower wings as spiced, salty, sticky, and completely addictive and we definitely agree! This versatile peanut cauliflower recipe can be used as a side dish, but it also makes the ideal main meal for vegans and vegetarians.

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Once you serve it, it will not last long on the table- whether you are a vegetarian, vegan, or the meat-lover-kind-of-person, you will definitely enjoy crunching on these tasty wings. But, enough talk, let us move on to the recipe and learn how to prepare this amazing recipe!

Peanut Cauliflower Wings Recipe

You will need:

A medium-sized cauliflower

A tbsp of peanut butter, organic

2 tsp of coconut oil, solid

A tbsp of soy sauce or tamari

Juice from half a lime

A tsp of garam masala

A baking tray

Aluminum foil

How to do it: Preheat the oven to 400 degrees Fahrenheit and in the meantime, cut the cauliflower into florets and add it to a baking tray together with the other ingredients. Spread it out evenly and make sure the pieces do not overlap too much. Cover it with a foil and bake it like that for 15 minutes. Then, remove the foil, stir the pieces, and return the tray to the oven. Leave it to bake for additional 10 minutes.

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When serving, sprinkle some lime juice and black pepper on top. Enjoy!

Want to learn why cauliflower should be a part of your daily diet? Make sure you check out this article!

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Sources:

ONE GREEN PLANET

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