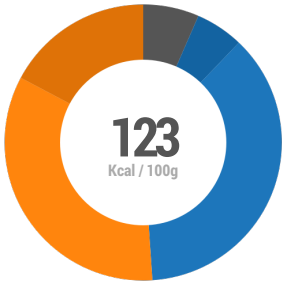
Fried Cauliflower Wings

Cayenne Pepper Sauce Glazed Cauliflower Wings with Carrot, Celery and Vegan Ranch Dressing with Feta

By Oliver Lloyd

Overview ... U / 4814806





CALORIES:

42.4% Carbs

6.5% Protein

51% Fat

Food Labelling...

Serves 1

CONTAINS:

WHEAT CELERY SULPHITES

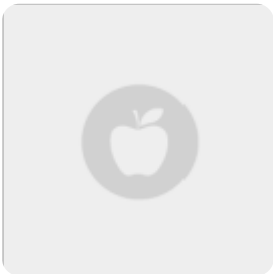
MAY CONTAIN:

HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

Recipe Ingredients ...	Quantity:	Description:
131051 Cauliflower Wings -	70g	0.07x Each
107591 Frank's RedHot Original Cayenne Pepper Sauce 148ml -	15g	0.1x Each
450693 Carrots CLASS II -	10g	0.01x Each
10228 Celery -	10g	
126924 Vegan Mayo -	10ml	
2032 White Wine Vinegar -	2ml	
33686 Garlic Powder -	1g	
117940 Chef William Onion powder -	1g	0x Each
133531 Violife Greek Style White Block 200g -	10g	0.05x Each
105597 Micro Coriander BB -	1g	0.03x Each
113880 Premium Large Chives Bunch	2g	0.02x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

132g / 170kcal

 # 1

Cooking Instructions & Notes

Preparation:

Thinly peel the carrot and celery and place into iced water
Finely chop the chives
Crumble the Feta

Method:

1. Mix the mayo, vinegar, onion powder and garlic powder together with a pinch of the chives.
2. Fry the wings at 180oC for 2-3 mins until crisp - drain on kitchen paper
3. Warm the cayenne sauce over a high heat, add the wings, toss in the sauce to glaze them
4. Place into a basket and garnish with the ranch dressing, feta, chives and carrot & celery salad - serve