

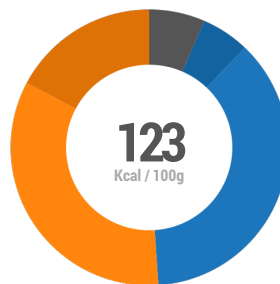
# Fried Cauliflower Wings

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

By Oliver Lloyd from Brakes

Overview ...

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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 Brakes Cauliflower Wings - BRAKES	70g	0.07x Each
107591 Frank's RedHot Original Cayenne Pepper Sauce 148ml - BRAKES	15g	0.1x Each
450693 Carrots CLASS II - BRAKES	10g	0.01x Each
10228 Celery - BRAKES	10g	
126924 Brakes Vegan Mayo - BRAKES	10ml	
2032 Brakes White Wine Vinegar - BRAKES	2ml	
33686 Brakes Garlic Powder - BRAKES	1g	
117940 Chef William Onion powder - BRAKES	1g	0x Each
133531 Violife Greek Style White Block 200g - BRAKES	10g	0.05x Each
105597 Micro Coriander BB - BRAKES	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