

Crunchy Cauliflower Bites with Curry-Lime Aioli



Makes 4 servings

Active time: **25 minutes**

Total time: **50 minutes**

Course: **Snacks**

Reminiscent of chicken nuggets, this cauliflower is a great way to get kids to eat their veggies. This easy vegetable dish also works with broccoli and can be served as an appetizer, side or vegetarian main course.

Ingredients

- ½ cup garbanzo (chickpea) flour
- 4 teaspoons minced fresh cilantro
- ¾ teaspoon salt
- ⅛ teaspoon ground pepper
- 10 tablespoons water
- ¼ teaspoon grated lime zest
- 1 tablespoon lime juice plus 1 1/4 teaspoons
- 1½ cups panko breadcrumbs
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 6 cups 1 1/2-inch cauliflower florets (from 1 medium head)
- ½ cup mayonnaise
- ¾ teaspoon curry powder

Preparation

1. Preheat oven to 400°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine flour, cilantro, 1/4 teaspoon salt and pepper in a large bowl. Whisk in water and 1 tablespoon lime juice. Combine breadcrumbs, cumin, 3/4 teaspoon garlic powder and the remaining 1/2 teaspoon salt in another large bowl.
3. Working in batches, place several cauliflower florets in the batter and stir to coat. Let excess batter drip off, then toss lightly in the breadcrumb mixture to coat. Transfer to the prepared pan. Repeat with the remaining florets.
4. Bake the cauliflower, stirring once, until golden, 30 to 40 minutes.
5. Meanwhile, combine mayonnaise, curry powder, lime zest and the remaining 1 1/4 teaspoons lime juice and 1/4 teaspoon garlic powder in a small bowl.
6. Serve the cauliflower with the aioli and more cilantro, if desired.

Tips & Notes

To make ahead: Refrigerate aioli (Step 5) for up to 2 days.

Nutrition

Per Serving: 325 calories; 27 g carbohydrates; 22 g fat (4 g sat, g mono); 7 g protein; 12 mg cholesterol; 5 g dietary fiber; 574 mg potassium; 448 mg sodium.

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