Sticky Sesame Cauliflower

Prep: 20 minutes • Cook: 20 minutes

Battered cauliflower florets are baked until crisp, then tossed in a glossy, spicy, sticky-sweet sesame sauce. A lighter, takeout-inspired dish with bold, addictive flavors.

Ingredients

- 1 large head (about 1.5 lbs) cauliflower (cut into bite-sized florets)
- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1/4-1/2 teaspoon salt
- 1/2 cup non-dairy milk (unsweetened)
- 1/2 cup, more if needed water
- 1/4 cup tamari (low sodium)
- 1/4 cup agave nectar
- 3 tablespoons rice vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon sriracha
- 1 tablespoon fresh ginger (peeled and grated)
- 3 cloves garlic (minced or crushed)
- 1/2 cup vegetable broth (low sodium)
- 2 tablespoons cornstarch
- 3 green onions (sliced)
- 2-3 teaspoons toasted sesame seeds
- 3 cups cooked rice

Instructions

1. Preheat oven to 425°F (220°C). Line a large baking sheet with parchment paper.

2. In a large bowl, whisk together the flour, cornstarch, and salt.

3. Pour in the non-dairy milk and water; whisk until smooth. The batter should be thick but pourable—add a few tablespoons of water if needed.

4. Add a handful of cauliflower florets to the bowl and toss to coat. Lightly shake off excess batter and place on the prepared baking sheet, spacing pieces apart.

5. Bake for 20 minutes, flipping the pieces halfway through, until lightly crisp.

6. Meanwhile, in a large pan over medium heat, add tamari, agave, rice vinegar, toasted sesame oil, sriracha, ginger,

and garlic. Whisk and bring to a slight simmer.

7. In a small bowl, whisk the cornstarch with the vegetable broth, then pour into the pan. Simmer, stirring often, until thick and sticky, about 5 minutes.

8. Add the baked cauliflower to the pan and toss to coat well in the sauce.

9. Remove from heat. Top with sliced green onions and toasted sesame seeds if desired, and serve over cooked rice.

Tags: Vegan, Asian, Cauliflower, Dinner, Baked, Takeout Inspired

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