

SERVING SIZE: ½ Cup

YEILD: 12 SERVINGS

MEAL PATTERN CONTRIBUTION: ½ Cup Other Veg

Ingredients and Instructions

Cauliflower, bite sized	6 Cups
All Purpose Flour	2 Cups
Eggs, whole	6 each
Water	4 Tbsp
Panko breadcrumbs	4 Cups
Honey	1 1/3 Cup
Soy Sauce, low sodium	1 Cup
Garlic, minced	4 tsp
Lime Juice	½ Cup
Sriracha	4 Tbsp
Water	1 Cup
Corn Starch	8 Tbsp
Scallions or Chives, sliced	½ Cup

1. Preheat convection oven to 350 degrees.
2. In a large bowl coat the cauliflower pieces in flour, you can add salt and pepper to taste. Shake off excess flour.
3. Whisk together your eggs and first measure of water. Coat pieces in egg wash then panko and transfer to a sheet pan. Bake until golden and crispy, approx. 20-25 minutes.
4. While the cauliflower is in the oven make the sauce. Whisk together the cornstarch and second measure of water and set aside.
5. In a saucepan over medium heat combine soy sauce, honey, garlic, lime juice and sriracha. When the mixture reaches a boil reduce heat and stir in your cornstarch mixture.
6. Bring to a simmer and stir until sauce thickens.
7. Toss cooked cauliflower in sauce and return to the oven for another 5-7 minutes.
8. Garnish with scallions or chives and serve.