

DINNERLY



Oven-Fried BBQ Cauliflower "Wings" with Ranch Dipping Sauce



40min



2 Servings

When are we not craving sticky, glazed BBQ wings? Honestly, it's hard to say. But we still want to get our daily dose of veggies, so cauliflower is here to save the day once again. The florets are breaded and baked til they're nice and crisp, then toss them in BBQ sauce and you're done! Pair them with celery, carrots, and creamy ranch for the full wing basket experience. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 1 oz panko ¹
- 1 carrot
- 2 oz celery
- 2 oz barbecue sauce
- 2 (1½ oz) ranch dressing ^{3,2}

WHAT YOU NEED

- ¾ cup all-purpose flour ¹
- kosher salt & ground pepper
- neutral oil, for greasing
- butter ²

TOOLS

- rimmed baking sheet
- microwave

ALLERGENS

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 31g, Carbs 79g, Protein 13g



1. Prep cauliflower

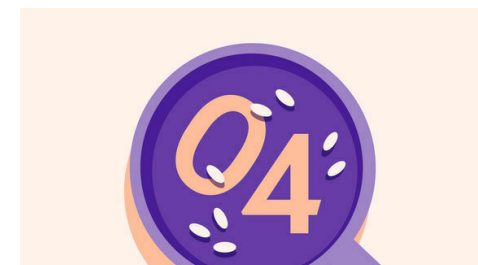
Preheat oven to 450°F with a rimmed baking sheet on a rack in the upper third.

Trim end from **cauliflower** and cut into 2-inch florets.



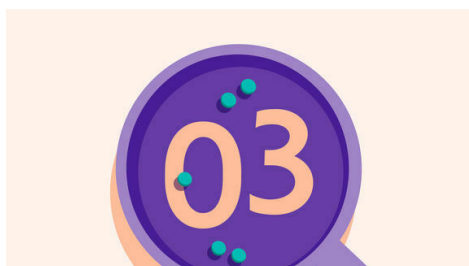
2. Bread cauliflower

In a large bowl, whisk to combine ¾ cup each of flour and water, 1 teaspoon salt, and a generous pinch of pepper. Add **cauliflower** to bowl and toss to coat. Add **panko** and gently toss to coat.



3. Bake cauliflower

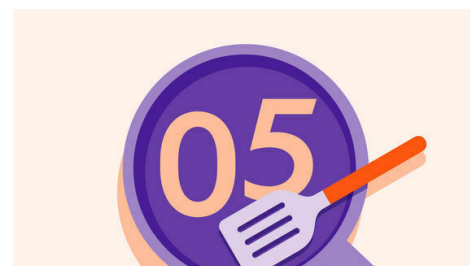
Generously drizzle preheated baking sheet with oil; carefully spread **cauliflower** into a single layer and drizzle with more oil. Bake on upper oven rack until golden-brown on the bottom, about 15 minutes. Flip cauliflower, then return to oven until golden-brown all over and starting to crisp, 15 minutes. Switch oven to broil; cook until browned and crisp, 5 minutes (watch closely).



4. Prep veggies

While **cauliflower** bakes, cut **carrot** and **celery** into 2-inch long sticks.

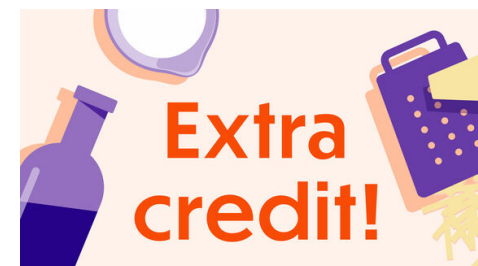
In a large microwave-safe bowl, microwave 2 tablespoons **butter** until melted. Stir in **barbecue sauce**.



5. Finish & serve

Transfer **crispy cauliflower** to bowl with **barbecue sauce** and gently toss to coat.

Serve **BBQ cauliflower "wings"** with **veggies** and **ranch** alongside for dipping. Enjoy!



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.