

DINNERLY



Low-Cal Oven-Fried Buffalo Cauliflower with Ranch Wedge Salad



30-40min



2 Servings

Who can say no to oven-fried cauliflower coated in Buffalo sauce with a crunchy wedge salad drizzled with cool ranch dressing? That's right, no one. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 2 oz Buffalo sauce
- 1 romaine heart
- 2 pkts ranch dressing ^{1,2}

WHAT YOU NEED

- all-purpose flour ³
- kosher salt & ground pepper
- neutral oil
- butter ²

TOOLS

- rimmed baking sheet
- small skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 570kcal, Fat 43g, Carbs 40g, Protein 11g



1. Prep oven & cauliflower

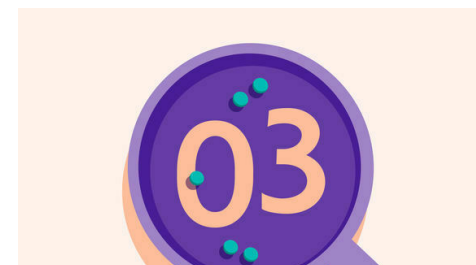
Preheat oven to 450°F with a rimmed baking sheet placed on a rack in the upper third.

Trim end from **cauliflower**, then cut through the stem into 1-inch florets.



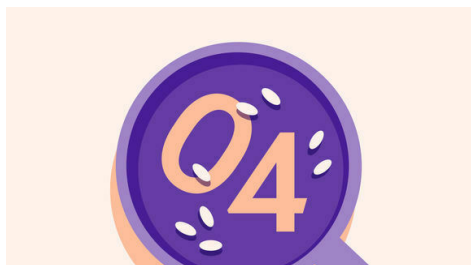
2. Batter cauliflower

In a large bowl, whisk to combine **½ cup flour**, **½ cup water**, and a **generous pinch each of salt and pepper**. Add **cauliflower** to bowl and toss to coat.



3. Bake cauliflower

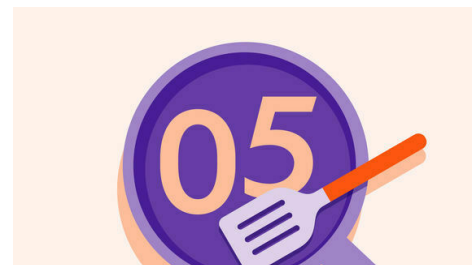
Generously drizzle preheated baking sheet with **oil**, then carefully spread **cauliflower** into a single layer. Bake on upper oven rack until golden-brown, 15–18 minutes.



4. Add Buffalo sauce

While **cauliflower** bakes, melt **2 tablespoons butter** in a small skillet over medium-high. Remove from heat and whisk in **all of the Buffalo sauce**.

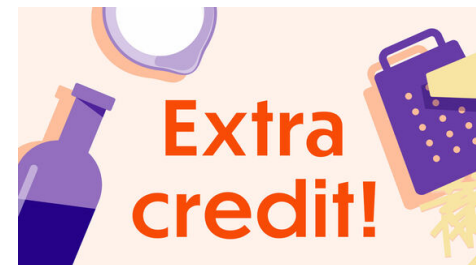
Once **cauliflower** is golden-brown, remove from oven and pour **sauce** directly over top; carefully toss to coat. Return cauliflower to upper oven rack and bake until crispy, 8–10 minutes more (watch closely as ovens vary).



5. Finish & serve

Halve **lettuce** lengthwise, then cut in half again into wedges; arrange on plates and drizzle with **some of the ranch dressing**.

Serve **Buffalo cauliflower** with **ranch wedge salad** alongside and **remaining ranch dressing** for dipping. Enjoy!



6. Carbo load!

Make this Dinnerly a slam dunk with oven fries to dunk in your ranch. Cut a russet potato into ½-inch wedges. On a rimmed baking sheet, toss with 2 tablespoons oil and a generous pinch each of salt and pepper; spread into an even layer. Roast on lower oven rack, without stirring, until golden and crisp, about 25 minutes.