

DINNERLY



Low-Carb Oven-Fried Buffalo Cauliflower

with Ranch Wedge Salad



30-40min



2 Servings

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

WHAT WE SEND

- 1½ lbs cauliflower
- 2 oz pkt Buffalo sauce
- 1 romaine heart
- 2 (1½ oz) pkts ranch dressing ^{3,6,7}

WHAT YOU NEED

- ½ cup all-purpose flour ¹
- kosher salt & ground pepper
- neutral oil
- butter ⁷

TOOLS

- rimmed baking sheet
- small skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 51g, Carbs 40g, Proteins 12g



1. Prep oven & cauliflower

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

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



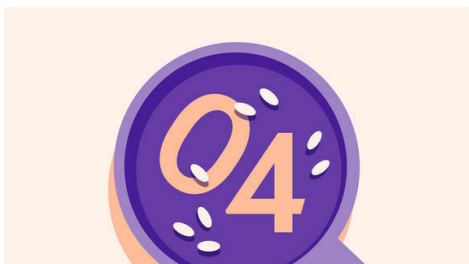
2. Batter cauliflower

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

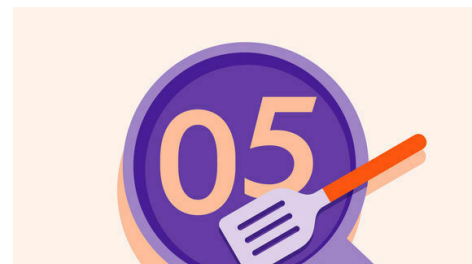
Generously drizzle preheated baking sheet with **oil**, then carefully spread **cauliflower** into a single layer. Bake on upper oven rack until golden brown, 15–18 minutes.



4. Add Buffalo sauce

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

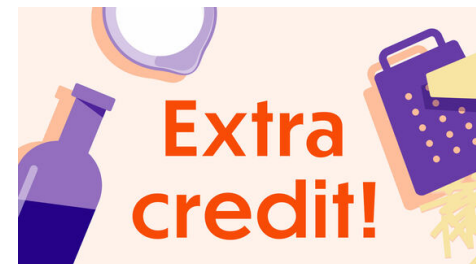
Once **cauliflower** has baked about 15 minutes, remove from oven and pour **sauce** over top; carefully toss to coat. Return cauliflower to upper oven rack and bake until crispy, 8–10 minutes more (watch closely as ovens vary).



5. Make salad & serve

Trim end from **romaine**, then halve lengthwise. Cut each half lengthwise into wedges and arrange on plates. Drizzle **some of the ranch dressing** over each wedge.

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.