

Baked Sesame Orange Cauliflower



INGREDIENTS

- 1 large head orange or regular cauliflower, cut into florets
- 3 eggs
- 1-1/4 cups Panko bread crumbs
- 2 teaspoons cornstarch
- 1 Tablespoon sesame oil or olive oil
- 4 cloves garlic, grated
- 1 Tablespoon fresh grated ginger
- 1/2-1 teaspoon chili flakes
- 1 cup fresh orange juice + 1 tablespoon orange zest
- 1/3 cup tamari or soy sauce
- 2 Tablespoons rice vinegar (or substitution)
- 2 Tablespoons honey
- 2 Tablespoons toasted sesame seeds (*optional*)
- Green onions for garnish (*optional*)

DIRECTIONS

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Wash cauliflower and prepare all ingredients.
3. Beat the eggs in a large bowl, add the cauliflower and toss well to coat.
4. In a separate bowl, add the Panko bread crumbs.
5. Dredge the cauliflower through the crumbs, covering fully. Place on the prepared baking sheet. Repeat with the remaining cauliflower. Bake for 15 minutes, then switch the oven to broil and broil until crisp, about 2-3 minutes.
6. Meanwhile, whisk together the corn starch and 2 Tablespoons water.
7. Heat a large skillet over medium heat. Add the oil, garlic, ginger, and chili flakes. Cook 1-2 minutes.
8. Add the orange juice, tamari/soy sauce, rice vinegar, and honey. Bring to a boil, then whisk in the cornstarch and cook until slightly thickened. Remove from heat.
9. Toss the cauliflower with the sauce. Garnish with with sesame seeds and green onions.
10. Serve over steamed brown rice and enjoy!

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