


Bang Bang Cauliflower

With A Spicy Yogurt Dip

Want something a little different for tea? Well you're in luck.

Our Bang Bang Cauliflower isn't just easy to cook, healthy and tasty, it's veggie too... What's more is that it can all be cooked in under an hour!

 TIME TILL READY
45 MINUTES

 SERVES
4

Energy: 1410kJ/337kcal

For more nutritional information please visit www.lancashirefarm.com

Ingredients

- 3 tbsp extra virgin olive oil
- 2 tbsp sweet chilli sauce
- 1 tbsp sriracha sauce
- Juice of 1 lime
- 3 cloves garlic (crushed)
- 1 medium cauliflower (cut into bite size florets)
- Salt & Pepper
- 1 spring onion, for garnish
- 100ml white wine vinegar
- 85ml water
- 2 cloves garlic (crushed)
- 5g ginger
- 85g Honey
- 10g chili flakes
- 1g cayenne pepper
- 45g sriracha sauce
- 100g Lancashire Farm Natural Bio Yogurt



Method

Contains



Step 1

Preheat oven to 220°C. In a small bowl, whisk together olive oil, sweet chilli sauce, Sriracha, lime juice, garlic, salt and pepper.



Step 2

Toss cauliflower in sauce until fully coated.



Step 3

Spread into an even layer and roast until slightly charred and tender, 30 to 35 minutes.



Step 4

In a small pot over medium high heat whisk together the white wine vinegar, water, garlic, ginger, chilli flakes, cayenne pepper and honey. Bring to a boil for 2-3 minutes, then reduce to a simmer. Allow to cook until thickened, about 5 minutes. Remove from heat and allow to cool.



Step 5

Mix with Lancashire Farm Natural Bio Yogurt and sriracha sauce



Step 6

Garnish with chopped spring onion and serve.