

Oven Baked Popcorn Cauliflower

Oven baked popcorn cauliflower is a great vegetarian version to popular popcorn chicken.

Prep Time 15 mins
Cook Time 25 mins



Ingredients

- 1 cauliflower, cut into small florets
- 1 egg, whisked
- 75g panko breadcrumbs or normal breadcrumbs
- 60g grated parmesan cheese
- 2 teaspoon fresh thyme
- 1 teaspoon smoked paprika
- 2 tablespoon oil
- 1/2 teaspoon salt

Method

1. Preheat oven 210 degrees C. Line a large baking tray with baking paper.
2. Place cauliflower in a large pot with water. Bring pot to the boil and cook cauliflower for 5 minutes or until it is just tender.
3. Drain cauliflower in a colander and leave to cool while preparing the rest of the ingredients.
4. In a bowl combine breadcrumbs, parmesan cheese, paprika and thyme.
5. Transfer cauliflower to a large bowl and mix through beaten egg.
6. Add breadcrumb mixture to the cauliflower and egg. Mix well to coat the cauliflower florets.
7. Place cauliflower on the lined baking tray and drizzle with a little oil. Place tray in the oven to bake for 25 minutes or until cauliflower is golden and crisp. Turn the cauliflower 2 or 3 times during baking to ensure they crisp up well.
8. Serve immediately as it is best eaten when hot.