



# Cauliflower Schnitzel

Visual Recipe  
by DAREBEE  
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1 - 1lb - 500g cauliflower  
1 cup - 7oz - 200ml milk  
4 tbsps - 2oz - 60g flour  
2 tbsps tahini

**LEVEL UP!** Add 1 tbsp cayenne pepper and 1 tsp garlic powder to the batter.

2 PORTIONS

## INSTRUCTIONS

1. To make the batter combine milk and flour in a mixing bowl. Season for taste and mix well.
2. Cut cauliflower in two, then cut out steak-like pieces. Dip each piece into the batter and coat both sides well. Place the coated pieces on top of the baking tray lined with baking paper.
3. Preheat the oven to 400°F (200°C). Roast the cauliflower for 10 minutes. Flip it over and roast for another 10 minutes or until it begins to form a golden crust on both sides.
4. Transfer to a plate. Serve with tahini thinned with water 1:2 ratio.

