

BUFFALO FRIED CAULIFLOWER AND BROCCOLI

Serves 8

INGREDIENTS

BUTTERMILK MARINADE:

- 1 cup plain oat milk
- 2 tablespoons apple cider vinegar
- 1/2 cup buffalo sauce
- 2 packages Birds Eye® Quick Roasters Cauliflower & Broccoli

FLOUR MIXTURE:

- 3 tablespoons cornstarch
- 3 cups all-purpose flour
- 1 tablespoon organic brown sugar
- 2 teaspoon cayenne pepper
- 1 1/2 teaspoons black pepper
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 teaspoon sea salt

DREDGE BATTER AND FRYING:

- 1 cup plain oat milk
- 3/4 cup all-purpose flour
- Enough oil for frying, about 1/2 - 1 inch in desired pan

BUFFALO SAUCE:

- 1/2 cup buffalo sauce
- 2 tablespoons melted butter



PREPARATION

- 1.** In a large bowl, combine ingredients for buttermilk marinade.
- 2.** Transfer cauliflower and broccoli to the marinade and let sit for 20 minutes. Stir to cover all pieces.
- 3.** While the cauliflower is marinating, combine flour mixture ingredients in a separate large bowl.
- 4.** Also combine buffalo sauce and melted butter in a separate small bowl to make buffalo sauce mixture. Set aside.
- 5.** Begin heating oil in a large frying pan over medium heat.
- 6.** Once the cauliflower and broccoli are done marinating, transfer florets to a separate medium sized bowl, reserving leftover liquid.
- 7.** In the same bowl that now has the leftover marinade liquid, add in 1 cup oat milk and 3/4 cup all-purpose flour. Whisk until smooth.

Preparation continued on back.

BUFFALO FRIED CAULIFLOWER AND BROCCOLI

PREPARATION (CONT.)

- 8.** Use tongs or your hands to dip cauliflower and broccoli pieces into the liquid batter, then into the flour mixture, back into liquid batter, and into flour mixture again, then into hot oil in the frying pan.
- 9.** Repeat this process for each piece going into the hot oil, being careful not to overcrowd. Rotate pieces as necessary, browning on each side. Once the fried pieces feel hardened after touching with tongs, it's okay to flip.
- 10.** Transfer fried florets from the pan to a plate lined with paper towels to absorb excess oil.
- 11.** Let cool for about 5 minutes. Drizzle or toss the florets you plan to eat with Buffalo Sauce mixture to taste. Serve.

Preparation continued on back.