

# RECIPE

# Baked Cauliflower Tempura

## Ingredients

- 1 whole cauliflower
- 4 tbsp coconut yoghurt
- 150ml almond milk (maybe a little extra)
- 3 tbsp tomato paste
- 4 tbsp olive oil
- 1 tbsp garam masala
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp turmeric
- 1 dried Fenugreek
- 150g chickpea flour
- 200g panko breadcrumbs



## Coriander Yoghurt

- ½ bunch of coriander chopped
- 150g Greek yoghurt
- Juice of 1 lime
- 1 tsp of sugar

## Method

1. Preheat your oven on 200C.
2. Chop your cauliflower into florets and set aside.
3. Mix your yoghurt, milk, tomato paste, oil and spices together to form a wet batter.
4. Add your cauliflower in and mix well and season.
5. Place your cauliflower into the breadcrumbs and coat evenly before placing directly on to your baking tray with greaseproof paper.
6. Bake for about 25 minutes until crisp.