



Healthy Now

CATERING • MEAL PREP • JUICES

Kung Pao Cauliflower Bites

As we are always on the lookout for healthy meals and snacks, we have tried a few appetizers at restaurants like these, and they were surprisingly delicious. And with cauliflower as the main ingredient, and baked not deep fried, very healthy as well. We bet you'll also be surprised how much you like them!

Makes: 4 servings, Prep Time: 10 minutes, Cook Time: 25 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

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You'll need:

- 1 large head cauliflower, broken into bite-sized florets
- 1 large red bell pepper, chopped
- 1 large red onion, chopped
- 1/4 cup peanuts, roughly chopped
- 4 green onions or scallions, sliced
- avocado oil spray

For the batter:

- 1 cup gluten-free flour
- 1/2 cup water
- 3 Tbsp coconut oil, melted and cooled
- 1 large egg
- 1/2 tsp sea salt
- 1/8 tsp white pepper

For the sauce:

- 2 tbsps raw honey, or pure maple syrup
- 3 tbsps low sodium soy sauce
- 1/2 tsp Chinese five-spice powder
- 1/2 tsp chili powder
- 1 tsp apple cider vinegar, or rice vinegar

To make it:

1. Preheat your oven to 400 degrees f. and line 2 large baking trays with parchment paper. Place all batter ingredients into a blender or food processor and pulse until well combined.
2. In a large mixing bowl, add cauliflower florets then drizzle with your batter. Use your hands to toss very well to get all the pieces nicely coated.
3. Divide your well-coated cauliflower pieces among the 2 prepared baking sheets and spread everything evenly in a single layer so it can crisp up.
4. Bake until lightly golden brown, about 20-25 mins. Remove the trays halfway, flip the cauliflower and add in the bell peppers and onions. Lightly spray tops with avocado cooking oil then place back in the oven and continue to bake.
5. Meanwhile, in a small bowl whisk together all of your sauce ingredients. Once the cauliflower is done, remove from the oven and drizzle the sauce over the top. Gently toss to coat.
6. Place cauliflower into bowls and sprinkle with chopped peanuts and green onions.

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/recipes

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