

# Roasted Asian Cauliflower

*Even non-cauliflower lovers will enjoy this dish of roasted cauliflower with the most delicious sticky sesame sauce. You will truly believe you are eating sushi. My children absolutely love this Asian-flavour sensation.*

SERVES 6–8

STICKY SESAME SAUCE

- 2 teaspoons sesame oil
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, chopped
- ¼ cup soy sauce
- ¼ cup honey
- 1 teaspoon sesame seeds
- 2 teaspoons cornflour
- ¼ cup cold water

CAULIFLOWER

- ½ cup cake wheat flour
- 3 tablespoons cornflour
- ¼ teaspoon salt
- Pinch each of freshly ground black pepper and cayenne pepper
- ½ cup water
- 2 teaspoons sesame oil
- 1 small head cauliflower, chopped into equal-size florets
- Black and white sesame seeds, chopped spring onions or wasabi mayonnaise, to serve

For the sticky sesame sauce, heat a frying pan over a medium heat. Add the sesame oil, ginger and garlic and cook for a minute. Add the soy sauce, honey and sesame seeds and bring to the boil.

Mix the cornflour in the water and stir it into the soy mixture to thicken, then remove from the heat.

For the cauliflower, preheat the oven to 220°C and line a baking tray or dish with baking paper.

To a large bowl, add the flour, cornflour, salt, black pepper and cayenne and whisk well. Add the water and sesame oil and mix until smooth.

Add the cauliflower and toss to coat. This batter will thicken as it stands, so mix and toss quickly.

Transfer the cauliflower to the lined baking tray and bake for 30 minutes.

Take the cauliflower out of the oven and transfer the florets to the sauce. Mix gently to coat.

Serve immediately sprinkled with the sesame seeds and chopped spring onions and serve as is, or over rice with wasabi mayonnaise.

