# HONEY GARLIC BAKED CAULIFLOWER

## INGREDIENTS

- 1 small head of cauliflower, cut into bite sized pieces
- 2 cups panko bread crumbs
- cooking oil spray
- 2 large eggs, whisked
- 2 scallions, finely sliced

**For Sauce:**
- 6 Tbsp honey
- 4 cloves garlic, minced
- 1 tsp onion powder
- 6 Tbsp water + 2 tsp cornstarch
- 1 1/2 Tbsp soy sauce
- 1/2 Tbsp sriracha sauce

## INSTRUCTIONS

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper. Spread panko crumbs in a thin even layer across the surface of the baking sheet. Spray panko crumbs with cooking oil spray. Bake crumbs about 5-7 minutes or until golden brown.
2. Set whisked eggs aside in a small bowl. Line another large baking sheet with parchment paper.
3. Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. Cover cauliflower with panko, pressing the crumbs gently against the cauliflower to help them stick. Place coated cauliflower on empty prepared baking sheet.
4. Bake for about 15-20 minutes or until cauliflower is cooked and the coating is a dark golden brown.
5. While the cauliflower is cooking, make sauce on the stove. In a small bowl, completely dissolve cornstarch in water and set aside.
6. Add all sauce ingredients except the cornstarch + water to a small pot or saucepan. Bring to a gentle simmer and stir a few times until ingredients are mixed. This should only take a few seconds. Then add cornstarch water to the sauce. Stir immediately to dissolve cornstarch into the sauce. Stir occasionally and let sauce come to a simmer (make sure to stir otherwise the cornstarch will clump up) and cook until sauce starts to thicken (about 2 minutes).