

# CAULIFLOWER POPCORN

## INGREDIENTS

- 1 cauliflower cut into small florets
- 1 egg whisked
- 75 grams 1 cup panko breadcrumbs
- 60 grams 3/4 cup grated parmesan cheese
- 1 teaspoon smoked paprika
- 2 teaspoons chopped thyme
- Olive oil
- Generous sprinkle of sea salt

## DIRECTIONS

Preheat oven 210 deg C. Line a large baking tray with baking paper. Place cauliflower in a large pot with water. Bring pot to the boil and cook cauliflower for 5 minutes or until it is just tender.

Drain cauliflower in a colander and leave to cool while preparing the rest of the ingredients.

In a bowl combine breadcrumbs, parmesan cheese, paprika and thyme.

Transfer cauliflower to a large bowl and mix through beaten egg. Add breadcrumb mixture to the cauliflower and egg. Mix well to coat the cauliflower florets.

Place cauliflower on the lined baking tray and drizzle with a little olive oil. Place tray in the oven to bake for 25 minutes or until cauliflower is golden and crisp.

Turn the cauliflower 2 or 3 times during baking to ensure they crisp up well.

Place in a serving dish and sprinkle with a generous pink of sea salt to season