



# Buffalo Broccoli Wings

## INGREDIENTS:

- 1 head of broccoli

### Batter:

- 1 cup of milk
- $\frac{3}{4}$  cup plain flour
- 1 tsp onion powder
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp paprika
- $\frac{1}{8}$  tsp ground black pepper

### Sauce:

- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup vinegar
- $\frac{1}{4}$  cup tomato paste
- 2 tbsp soy sauce
- 2 tbsp tahini
- 2 tsp paprika
- 2 tsp garlic powder
- $\frac{1}{2}$  tsp cayenne pepper

## METHOD:

1. Preheat the oven to 220°
2. Wash and cut the broccoli head into bite sizes pieces or florets
3. Mix the batter ingredients into a bowl until well combined
4. Dip each floret into the batter and coat evenly. Shake off excess and place on a tray lined with baking paper
5. Bake for 20 minutes, turn the florets half way through baking
6. To make sauce... mix all ingredients in a jug and blend with stick blender until smooth. Pour the sauce into a large mixing bowl



7. Toss the baked florets in the sauce, 1 or 2 pieces at a time
8. Shake off excess and place back on baking tray
9. Bake for another 10 -20 minutes or until golden
10. Remove from oven and serve

