

FRIGIDAIRE

PROFESSIONAL®



DECADENT PARMESAN BAKED CAULIFLOWER PREP TIME 10 COOK TIME 45 SERVES 2

INGREDIENTS

8 oz cauliflower florets
1 cup panko bread crumbs
1/3 cup grated Parmesan cheese
Pinch of salt
2 large eggs, lightly beaten

For the Ketchup-Mayo Dipping Sauce
2 tablespoons ketchup
2 tablespoons mayonnaise
1/2 tablespoon honey

Instructions

1. Preheat oven to 400°F
2. Combine all the ingredients for the Ketchup-Mayo Dipping Sauce and chill.
olive oil and give them a rub to get the beef well coated. Season both sides with salt and pepper.
3. Mix panko, Parmesan cheese and salt together. Set out the eggs in a separate bowl.
4. Dip each cauliflower floret in the egg, shaking off the excess, and lastly coat well with panko.
5. Transfer the cauliflower to the baking sheet.
6. Bake the cauliflower for about 10 minutes. Serve warm with the Ketchup-Mayo Dipping Sauce.