

# Buffalo Cauliflower Tacos

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## Ingredients

### For the Buffalo Cauliflower

- 4 cups cauliflower florets - Each one should be approx. the size of two baby carrots, if you put the baby carrots side-by-side.
- 1 cup panko breadcrumbs mixed with 1 teaspoon sea salt - I would not use regular salt here. Sea salt grains are bigger, and they add a little extra crunch to the breading.
- 1/4 cup melted vegan butter - 1/4 cup after melting
- 1/4 cup [vegan Buffalo sauce](#) - Check the ingredients for butter. I used Frank's Red Hot

### For the Garlic Cashew Cream

- 1 cup cashews - soaked in hot water for 10-15 minutes, then drained (see note)
- 1/2 cup water - NOT the soaking water
- 3 cloves garlic
- 2 tablespoons lemon juice
- salt and pepper - to taste

### For the Cauliflower Tacos

- 8 small flour tortillas - whole wheat is also fine

- 1 [Haas avocado](#) - sliced
- 1/2 cup chopped fresh cilantro
- 1 lime - cut into 8 wedges

## Instructions

### Make the Buffalo Cauliflower

- Melt the vegan butter in a mug in the microwave, then whisk in the buffalo sauce.
- Holding by the stem, dip each floret in the butter/buffalo sauce mixture, getting most of the floret coated in sauce. It's fine if a bit of the stem doesn't get saucy. Hold the floret over the mug until it pretty much stops dripping. A few drips are OK, but if it's raining sauce, your panko is going to get clumpy and stop sticking as well.
- **To Air Fry:** Dredge the dipped floret in the panko/salt mixture, coating as much as you like, then place in the air fryer. No need to worry about a single layer. Just place it in there. Air fry at 350F (do not preheat) for 14-17 minutes, shaking gently a few times (*see note*), and checking their progress when you shake. Your cauliflower is done when the florets are a little bit browned.
- **To Bake:** Dredge the dipped floret in the panko/salt mixture, coating as much as you like. Arrange the coated florets in a single layer on a baking sheet lined with parchment paper. Bake at 375F for 30-35 minutes, until the coating browns slightly.

## Make the Garlic Cashew Cream

- Combine all of the cashew cream ingredients in your blender, and puree until smooth. If you have to blend for more than 1 minute to get a totally smooth mix, be sure to give your blender's motor a minute or two to rest before blending more. Don't stop blending until you have a completely smooth cashew cream, and don't give up! Just keep on blending, scraping down the sides of the blender as needed, until you achieve the creamy texture you're going for.
- Season to taste with the salt and pepper.

## Assemble the Cauliflower Tacos

- Divide the cauliflower and avocado between your 8 tortillas, then drizzle a tablespoon or two of cashew cream onto each one. Top each taco with a tablespoon of chopped cilantro. Serve with the lime wedges on the side.

## Notes

- ***About the Cashews:*** I've discovered that you don't really need raw cashews to get a smooth cashew cream, so if you can't find raw, roasted is fine. Soak raw cashews for 10 minutes or soak roasted ones for 15 minutes. If you are not using a high speed blender, add 5 more minutes to the soaking time.
- ***About the Recipe Time:*** The cook time assumes that you're using the air fryer and buying pre-cut cauliflower. For a whole head of cauliflower, add 5-10 minutes to the prep time. If you are making these in the

*oven, the cook time will go up to 30 minutes, for a total recipe time of 40 minutes.*

## **Nutrition**

Calories: 475kcal

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