



# CAULIFLOWER 'POPCORN' WITH AVOCADO & BEAN SMASH TACOS



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Preparation 25 mins | Cooking 30 mins | Serves 4

½ medium cauliflower, trimmed and cut into small florets  
1 free range egg  
¾ cup panko breadcrumbs  
½ cup finely grated parmesan  
Olive oil spray  
8 warmed tortillas  
Butter lettuce leaves and reduced fat sour cream, to serve

### Avocado, tomato & bean smash:

1 ripe avocado, peeled and stone removed  
1 tbs lime juice  
400g can red kidney beans, drained and rinsed  
125g cherry tomatoes, chopped

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Bring a medium saucepan of water to the boil over high heat. Add cauliflower, cover and bring to the boil. Boil for 2 minutes. Drain, refresh in cold water and set aside in a colander to dry.

**STEP 2** Place egg in a shallow bowl and lightly beat. Combine breadcrumbs and parmesan in a bowl. Dip florets in egg then evenly coat in breadcrumb mixture. Place cauliflower on a large baking tray lined with baking paper. Spray liberally with oil. Roast, tossing once, for 25 minutes or until golden and crisp. Set aside to cool slightly.

**STEP 3** Meanwhile, to make the avocado, tomato & bean smash, place avocado and lime juice in a bowl. Roughly mash with a fork. Stir through beans and tomatoes.

**STEP 4** Serve tortillas with the roasted cauliflower, avocado, tomato & bean smash, lettuce leaves and sour cream.