

## Honey soy cauliflower skewers

EVERYDAY NSW

Makes 8 skewers

### Ingredients:

- 1 head of cauliflower
- 3 tbsp honey
- 3 tbsp reduced salt soy sauce
- 1 tbsp apple cider vinegar
- Sesame seeds
- Wooden or metal skewers



### Method:

1. Preheat the oven to 180 degrees Celsius
2. Break the cauliflower down into small florets
3. Thread the florets onto the skewers
4. Place on an oven tray lined with baking paper
5. Add the soy sauce, honey and apple cider vinegar to a bowl or jug and mix until combined
6. Pour the sauce over the cauliflower skewers (turn the skewers to make sure the cauliflower is evenly coated)
7. Sprinkle sesame seeds over the skewers
8. Place in the oven for 20-30 minutes until cooked (as the sauce thickens, use a basting brush to ensure the cauliflower is coated in sauce)

### Nutrition information:

	Per serve 74g	Per 100g
Energy (kJ)	216	293
Protein (g)	1.8	2.4
Fat – total (g)	0.9	1.2
Saturated (g)	0.1	0.1
Carbohydrates – total (g)	8.2	11.1
Sugar (g)	8.1	10.9
Sodium (mg)	305	412
Fibre (g)	1.7	2.3