



CAULIFLOWER CAESAR SANDWICH

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 1040/SERVING



Crispy breaded cauliflower cutlets glazed in a sweet and spicy sauce. Piled on a soft bun with fresh romaine lettuce, vegan caesar dressing and coconut bacon. These sandwiches are the perfect comfort meal and are sure to leave you feeling satisfied!

WHAT YOU'LL NEED

- Large deep pan

- Frying oil (vegetable, canola, etc.)



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

| | | |
|-----------------|-------------------|-------------------|
| | 2 servings | 4 servings |
| Cauliflower | 1/2 head | 1 head |
| Romaine lettuce | 1 head | 2 heads |
| Coconut bacon | 1/3 cup | 2/3 cup |
| Glaze | 2.5 tbsp | 5 tbsp |
| Vegan mayo | 2 tbsp | 4 tbsp |
| Caesar dressing | 3 tbsp | 6 tbsp |
| Dry batter mix | 3/4 cup | 1.5 cups |
| Buns | 2 | 4 |



Prep ingredients: carefully slice **cauliflower** into 1 inch thick cutlets (be careful not to cut them too thin). Tear or chop **lettuce** into large pieces.

Pour dry batter mix into a bowl and add 1/2 cup cold water (1 cup for 4 servings) and whisk until there are no lumps. Add more water as needed.



Heat 2 cups of **oil** in a deep pan over medium heat. Carefully dip the **cauliflower cutlets** into the **batter** then place directly into the **hot oil**. Fry for 5 minutes per side, or until golden-brown and tender. Remove from pan and use a brush or spoon to coat **cauliflower cutlets** with the **glaze**.



Toast **buns** then assemble sandwiches: spread **vegan mayo** on buns then top with **lettuce** and **cauliflower cutlets**. Drizzle with **vegan caesar dressing** and **coconut bacon**. Use any remaining **lettuce, dressing, and coconut bacon** for a side salad.

| Nutrition Facts | | Valeur nutritive | |
|---------------------------------------------------|--|------------------|-----------------------|
| Per (413 g) | | Pour 1 (413 g) | |
| Calories 1040 | | % Daily Value* | % valeur quotidienne* |
| Fat / Lipides 68 g | | 91 % | |
| Saturated / saturés 46 g | | 230 % | |
| + Trans / trans 0 g | | | |
| Carbohydrate / Glucides 109 g | | | |
| Fibre / Fibres 13 g | | 46 % | |
| Sugars / Sucres 22 g | | 22 % | |
| Protein / Protéines 19 g | | | |
| Cholesterol / Cholestérol 0 mg | | 0 % | |
| Sodium 1360 mg | | 59 % | |
| Potassium 950 mg | | 20 % | |
| Calcium 200 mg | | 15 % | |
| Iron / Fer 4 mg | | 22 % | |
| *5% or less is a little 15% or more is a lot | | | |
| *5% ou moins c'est peu 15% ou plus c'est beaucoup | | | |