



FAST. EASY. FRESH.

COCONUT CAULIFLOWER TACOS

WITH MANGO AND LIME

1. Start by preheating your oven to 400°F. Line a large baking sheet with parchment paper.

2. Make the cauliflower. Cut the **cauliflower** into florets. Place the **coconut milk** in a large bowl and in another large bowl, mix together the **Panko Mixture** (**panko**, **coconut**, **garlic powder**, and **onion powder**) and **salt**.

3. Take your **cauliflower** florets and, working in batches, coat them in the **coconut milk**, then in the **panko coconut mixture**. Toss well to coat evenly and then place the florets on the prepared baking sheet.

4. Transfer the baking sheet to the oven and bake for 25-30 minutes, flipping half way through, until the cauliflower is fork tender and the coating is slightly browned.

5. Meanwhile, peel and finely dice the **mango**, finely chop the **shallots**, and pick the leaves off the **cilantro**. In a small bowl stir together the **sour cream** and juice from one of your **limes**.

6. To serve, spoon the coconut cauliflower into the **tortillas** and top with chopped **mango**, lime cream, **shallot**, and **cilantro** leaves and finish with a squeeze of fresh lime juice. Enjoy!

Ingredients (4 Person Serving – 794 Calories Per Serving)

| | | | |
|---------------------|--------------|-----------------|-------------|
| Coconut Milk | 1 400 ml Can | Cauliflower | 1 Head |
| Panko | 1 Cup | Shallots | 2 |
| Unsweetened Coconut | 1 Cup | Cilantro | Small Bunch |
| Salt | 1 tsp. | Mango | 1 |
| Garlic Powder | ½ tsp. | Limes | 2 |
| Onion Powder | ½ tsp. | Sour Cream | ½ Cup |
| | | Flour Tortillas | 12 Small |



35 Minute
Cook
Time!