

CHIPOTLE-HONEY CAULIFLOWER WITH MANGO SALSA

(slightly modified from [Joanne Eats Well with Others](#))

for the chipotle honey sauce:

1 can chipotle chiles in adobo (about 7 oz)
1 cup barbecue sauce (homemade or store-bought)
1/4 cup packed brown sugar
1/8 cup bourbon
juice of 1 lime

for the cauliflower:

1 large head of cauliflower
1 cup flour
3 tbsp cornstarch
1 cup milk
1/4 tsp kosher salt
1/4 tsp black pepper
1/2 tsp garlic powder
2 cups panko breadcrumbs

for the mango salsa:

3 ripe mangoes, diced
1 large avocado, diced
1/4 cup cilantro, minced
1 jalapeno, seeded and minced
juice of 1 lime
salt, to taste

Combine the chipotles, barbecue sauce, brown sugar, bourbon, and lime juice in the bowl of a food processor. Process until completely smooth.

Heat oven to 450F. Line a baking sheet with parchment paper and set aside. Break the cauliflower into larger florets. In a medium bowl, whisk together the flour, cornstarch, milk, salt, black pepper, and garlic powder until thick and completely smooth. Pour the panko into a separate bowl.

Toss the cauliflower florets into the wet batter in batches, making sure they are completely coated. Next, transfer them to the panko bowl and coat them completely in the panko. Place on the prepared baking sheet in a single layer.

Place in the oven and bake for 25-30 minutes. Remove from the oven and brush with the chipotle honey bbq sauce. Place back in the oven for another 5 minutes to allow the sauce to set and soak into the florets.

Make the salsa. Combine the mangoes, avocado, cilantro, and jalapeno in a medium bowl. Season with lime juice and salt, to taste. Serve the cauliflower over rice with the salsa on top.