

Crispy Cauliflower & Chickpea Tacos

Catherine Brown, Plant-based Chef & Culinary Nutritionist at [A Seat at My Table](#)



Total Time: 40-45 minutes Prep Time: 10-15 minutes Bake Time: 30-35 minutes

Here's what you need for 8 tacos:

For the CAULIFLOWER:

1 medium head of cauliflower

2 Tbsp plus 2 tsp olive oil, divided

1/4 cup all-purpose flour

1 tsp paprika (preferably smoked)

1/2 tsp ground cumin

1/2 tsp salt (preferable smoked)

1/2 tsp garlic powder

For the CHICKPEAS:

1 can chickpeas (15 oz), drained and rinsed

2 tsp olive oil

2 Tbsp nut butter

1/2 tsp salt (preferably smoked)

1/2 tsp chili powder

For the SLAW:

2/3 cup bell pepper, any color, cut into strips (~ 1/2 med bell pepper)

2/3 cup of carrots, grated (~ 2 carrots)

2/3 cup purple cabbage, finely shredded (~ 1/4 sm cabbage)

8 corn tortillas, yellow or white

2 tbsp. fresh cilantro, chopped

sambal oelek, or your favorite hot sauce

The PROCESS:

1. Wash, trim and cut cauliflower into bite-sized pieces (include the stalk too). Blot dry.

2. In a bowl, toss the cauliflower with 2 Tbsp of olive oil until evenly coated. Add the flour and spices, toss again until evenly coated.

3. Arrange pieces in a single layer on a baking sheet or cast iron skillet (I used my cast iron pizza pan); don't crowd or they'll steam instead of crisping. Bake at 400 degrees, bottom rack, 30-35 minutes until crispy and golden brown.

4. While the cauliflower is baking, shred/slice the veggies for the slaw and set aside.

5. Next, make the seasoned chickpeas. Heat a medium skillet (I use cast iron for even heat) over med/high heat. Add the 2 tsp olive oil, chickpeas and spices. Toss to coat. Cook for 5-6 minutes, until they begin to crisp. Turn down the heat and add the nut butter. Stir to coat evenly; keep warm.

6. Heat a griddle (or use direct heat) to warm and slightly char the tortillas. Keep warm.

7. As soon as the cauliflower is done, begin assembling the tacos (cauliflower will be crispiest while still HOT).

8. Tortilla > slaw > chickpeas > crispy cauliflower > cilantro > sambal oelek.
Devour!

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	581
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 903mg	39%
Total Carbohydrate 95.8g	35%
Dietary Fiber 23.4g	83%
Total Sugars 14.6g	
Protein 25.8g	
Vitamin D 0mcg	0%
Calcium 171mg	13%
Iron 9mg	52%
Potassium 1192mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition information is for two tacos.

Some other options:

~ Swap out the chickpeas for black beans (skip the nut butter)

~ Add some slices of avocado

~ Add a squeeze of fresh lime

~ Swap the sambal oelek for a drizzle of my [Roasted Jalapeno Lime Sauce](#)

~ Swap out the slaw for [Sauerkraut](#) or [Lacto-Fermented Red Onions](#)