

Cauliflower Crust Buffalo Chicken Mac 'n' Cheese Flatbread You'll Crave

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OVEN
425°F

TIME
5 min

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INGREDIENTS

For the Cauliflower Crust:

- 1 head of cauliflower, cut into florets
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Toppings:

- 1/4 cup buffalo sauce
- 1 cup cooked, shredded chicken
- 1/2 cup cooked macaroni noodles
- 1/4 cup blue cheese crumbles
- 1/4 cup chopped green onions

DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Prepare the cauliflower crust: Pulse cauliflower florets in a food processor until crumb-like. Microwave for 5 minutes. Let cool, then squeeze out moisture using a clean kitchen towel.
3. Mix crust ingredients: In a bowl, combine the cauliflower crumbs with mozzarella, Parmesan, garlic powder, salt, and pepper. Stir into a sticky dough.
4. Shape & bake the crust: Line a baking sheet with parchment and press the mixture into a thin flatbread shape. Bake for 15-20 minutes until golden and firm.
5. Prepare the topping: Mix buffalo sauce with shredded chicken. Set aside.
6. Assemble the flatbread: Spread buffalo chicken over the crust. Sprinkle with cooked macaroni noodles, blue cheese crumbles, and green onions.
7. Bake again: Return to the oven for 10-15 minutes, until cheese is melted and bubbly.
8. Slice and serve: Let rest briefly before slicing. Serve hot with extra buffalo or ranch on the side!

SWAPS & NOTES

Chicken : Use rotisserie for convenience or swap with plant-based chicken.

Macaroni : Sub gluten-free noodles or skip altogether to keep it low-carb.

Blue cheese : Replace with ranch drizzle or feta for a milder flavor.

Cauliflower crust : You can buy premade cauliflower crusts to save time.

TIPS FOR SUCCESS

Squeeze the cauliflower well -excess moisture = soggy crust.

Bake crust until golden before topping-this ensures structure.

Don't overload toppings , or the flatbread may get soggy.

Customize your heat level by using a mild or hot buffalo sauce.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cauliflower-crust-buffalo-chicken-mac-n-cheese-flatbread-youll-crave/>