



# UCOOK

## Crispy Buffalo Cauli Tacos

**with cashew cream cheese, fresh coriander & a charred corn salsa**

We've taken crispy cauliflower pieces smothered in buffalo sauce and paired it with a charred corn & tomato salsa for a flavour-packed taco experience. We've added a smear of creamy cashew cream cheese that perfectly balances the spicy kick of the buffalo cauli bits. Top it off with shredded green leaves and sprinkle with fresh coriander for a vibrant fiesta!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Veggie

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 Waterkloof | False Bay Chardonnay

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## Ingredients & Prep

40g	Corn
1	Tomato <i>roughly diced</i>
15ml	Lemon Juice
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
55ml	Buffalo Sauce <i>(30ml Colleen's Smoked Paprika Chilli Sauce, 15ml Worcestershire Sauce &amp; 10ml Honey)</i>
100ml	Flour Mix <i>(50ml Cornflour &amp; 50ml Cake Flour)</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
3	Corn Tortillas
30ml	Cashew Nut Cream Cheese
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. DO THE SALSA** Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the corn and fry until slightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl. Add the diced tomato, the lemon juice, ½ the chopped coriander, and seasoning. Set aside. Place the buffalo sauce in a bowl, large enough for the cauli.

**2. BRING ON THE BATTER** Prepare a shallow dish with a mixture of a ¼ of the flour mix and 30ml of water. Prepare a second dish with the remaining flour mix and seasoning. Coat the cauli pieces in the water mix first, then toss them through the seasoned flour mix until coated.

**3. IT'S A FRY UP!** Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the coated cauli and fry until cooked through and golden, 4-6 minutes (flipping halfway). Drain on paper towel. When all the cauli is done, add to the bowl with the buffalo sauce and toss until coated.

**4. ALMOST THERE...** Place a pan over medium heat. When hot, dry toast the tortillas until warmed through, 15 seconds per side.

**5. ASSEMBLE THE TROOPS!** Smear the cashew cream cheese over the warmed tortillas. Top with the shredded green leaves, the charred corn & tomato salsa, and the buffalo cauli. Sprinkle over the remaining coriander. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	576kJ
Energy	138kcal
Protein	3.5g
Carbs	22g
of which sugars	4.1g
Fibre	2g
Fat	2.7g
of which saturated	0.4g
Sodium	154mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Sugar  
Alcohol (Xylitol), Tree Nuts

Cook  
within 2  
Days