



UCOOK

Sticky Buffalo Cauli

with white basmati rice & a loaded slaw

This is probably one of the most interesting ways you will ever eat cauliflower, Chef! Florets are coated in a crispy layer that's fried until golden, then drenched in a smoky-sweet Buffalo sauce. These are placed on a bed of fluffy basmati rice and sided with a creamy, zesty slaw.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jewell Willemberg

 Veggie

 Alvi's Drift | 221 Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
10ml	Black Sesame Seeds
55ml	Buffalo Sauce <i>(30ml Colleen's Smoked Paprika Chilli Sauce, 15ml Worcestershire Sauce & 10ml Golden Syrup)</i>
80ml	Flour Mix <i>(40ml Cornflour & 40ml Cake Flour)</i>
200g	Cauliflower Florets <i>cut into large bite-sized pieces</i>
100g	Cabbage <i>very thinly sliced</i>
30g	Pickled Bell Peppers <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
15ml	Lemon Juice
30ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. TOASTED SEEDS Place the sesame seeds in a pan over a medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. COAT THE CAULI Place the buffalo sauce in a bowl, large enough for the cauli. Prepare a shallow dish with a mixture of a $\frac{1}{4}$ 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.

4. FRY UP Return the pan to 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.

5. CREAMY SLAW Place the sliced cabbage and chopped peppers into a bowl along with $\frac{1}{2}$ the chopped coriander, the lemon juice, $\frac{1}{2}$ of the cashew cream cheese, seasoning, and $\frac{1}{2}$ of the toasted sesame seeds.

6. DISH UP Plate up the steaming rice and top with the sticky cauli, then scatter over the remaining sesame seeds. Serve the loaded cabbage slaw on the side and garnish it all with the remaining coriander and the remaining cream cheese.

Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	3.5g
Carbs	23g
of which sugars	4.5g
Fibre	2.1g
Fat	2.2g
of which saturated	0.1g
Sodium	127mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within 2
Days