



# UCOOK

## Crumbed Cauli & Avo Bowl

with a sticky honey-garlic glaze

Feast on panko crumbed cauli florets tossed in a sticky garlic & honey glaze. Served with jasmine rice, edamame beans, avo slices, kimchi, spring onions, and radish rounds. Side with a dollop of vegan That Mayo for dunking - it's not too good to be true!

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**Hands-on Time:** 10 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Veggie

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

20ml	Cornflour
50ml	Panko Breadcrumbs
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
75ml	Jasmine Rice <i>rinsed</i>
1	Avocado
50g	Edamame Beans
20g	Radish
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	Honey
10g	Kimchi <i>drained &amp; roughly chopped</i>
1	Spring Onion <i>finely sliced</i>
45ml	That Mayo (Vegan)

## From Your Kitchen

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

**1. CRUMBING STATION** Preheat the oven to 200°C. In a shallow dish, whisk  $\frac{3}{4}$  of the cornflour with 20ml of water. Prepare a second shallow dish containing the breadcrumbs. Coat the cauliflower pieces in the cornflour mixture, then the breadcrumbs – press the crumb into the pieces so it sticks and coats evenly. Place on a lightly greased roasting tray and roast in the hot oven for 25-30 minutes until cooked through and golden, shifting halfway.

**2. NICE RICE** Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked. Drain if necessary, fluff up with a fork, and cover to keep warm.

**3. SLICE IT UP** Boil the kettle. Halve the avocado and set aside the half containing the pip for another meal. Scoop out the avocado from the remaining half. Slice the avocado, season, and set aside.

**4. BEAN THERE, DONE THAT** Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside for serving. Rinse and slice the radish into rounds.

**5. STICKY SAUCE** When the cauli has 5 minutes remaining, place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the honey and a splash of water. Mix until fully combined. Bring the mixture up to the boil for 1-2 minutes until reduced and sticky. Remove from the heat and toss through the crispy cauli.

**6. LOADED DINNER!** Plate up the rice, the plump edamame beans, the radish rounds, the avo slices, the chopped kimchi, and the crispy & sticky cauli. Sprinkle over the spring onion slices. Side with a dollop of the mayo. Get munching, Chef!



## Chef's Tip

If the honey is too sticky to pour into the pan, pop it in the microwave for 5-10 seconds before drizzling.

## Nutritional Information

Per 100g

Energy	693kj
Energy	165kcal
Protein	3.4g
Carbs	24g
of which sugars	3.4g
Fibre	3.5g
Fat	6.5g
of which saturated	1.3g
Sodium	87mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within 2  
Days