



UCOOK

Sweet & Sour Cauli Tacos

with a spicy pineapple salsa & vegan mayo

This recipe is loaded with the best of both worlds and hits all the right notes! Roasted cauliflower and red pepper are tossed in a delectable sweet & sour sauce, then wrapped in a toasty corn tortilla. Topped up with a zingy pineapple, red onion & chilli salsa. Finished off with fresh coriander and that unmistakably creamy vegan mayo.


Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Leopard's Leap | Chardonnay Pinot Noir

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

Ingredients & Prep

200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Red Bell Pepper <i>¼ rinsed, deseeded & thinly sliced</i>
60g	Pineapple Pieces <i>drained & roughly chopped</i>
1	Red Onion <i>¼ peeled & finely diced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Lime <i>½ zested & cut into wedges</i>
5ml	Cornflour
75ml	Sweet & Sour Sauce <i>(30ml Tomato Sauce, 30ml Rice Wine Vinegar & 15ml Low Sodium Soy Sauce)</i>
3	Corn Tortillas
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	Vegan Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROASTED CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces on half of a roasting tray. Coat in oil and season. Roast in the hot oven for 20-25 minutes until cooked through and crispy. In a bowl, toss the pepper slices with a drizzle of oil and seasoning. Set aside.

2. SUMPTUOUS SALSA In a bowl, combine the chopped pineapple, the diced onion, ½ the picked coriander, ½ the sliced chilli (to taste), the juice of 1 lime wedge, the lime zest, and seasoning. Set aside for serving.

3. FINISH THE ROAST When the cauli has 15 minutes remaining, give the tray a shift. Place the dressed pepper slices on the other half of the tray. Roast for the remaining time until starting to char.

4. SWEET & SOUR SAUCE In a small bowl, loosen the cornflour with 5ml of water until fully dissolved. Place a pan over medium heat with the sweet & sour sauce, 10ml of a sweetener of choice, and 60ml water. Bring to a simmer. Once simmering, add the loosened cornflour. Stir until slightly thickened. Season to taste. Remove from heat and toss through the roasted cauliflower & pepper strips.

5. TOASTY TORTILLAS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped.

6. TIME TO ASSEMBLE! Top each toasted tortilla with the shredded salad leaves. Top with the sweet & sour cauli & pepper, the spicy pineapple salsa, and a dollop of mayo. Sprinkle over the remaining coriander and chilli (to taste). Enjoy, Chef!

Nutritional Information

Per 100g

Energy	357kJ
Energy	85kcal
Protein	2.2g
Carbs	14g
of which sugars	4.4g
Fibre	1.9g
Fat	2.3g
of which saturated	0.7g
Sodium	220mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 2
Days