



UCOOK

Stettyn's Vegetarian Bang-Bang Cauli

with a creamy Kewpie mayo slaw

Crispy & crumbed cauliflower is fried to golden perfection and served with a spicy Asian sweet chilli sauce for dunking. Sided with a creamy & crunchy cabbage slaw. It's an absolute banger, Chef!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Stettyn Winery

Adventurous Foodie

 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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Ingredients & Prep

220ml	Smoky Flour <i>(200ml Self-raising Flour & 20ml Smoked Paprika)</i>
2	Garlic Cloves <i>peel & grate</i>
250ml	Low Fat Fresh Milk
400ml	Panko Breadcrumbs
20ml	White Sesame Seeds
800g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
400g	Cabbage <i>rinse & finely slice</i>
240g	Carrot <i>rinse, peel & grate</i>
250ml	Kewpie Mayo
2	Spring Onions <i>rinse & finely slice</i>
280ml	Bang-bang Sauce <i>(200ml Thai Sweet Chilli Sauce, 40ml Lime Juice & 40ml Sriracha Sauce)</i>

From Your Kitchen

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

1. BEGIN THE BATTER In a bowl, combine the smoky flour and the grated garlic. Gradually whisk in the milk and 60ml of water until a smooth batter forms - it should be thick enough to coat a spoon. Season well. Place the breadcrumbs in a separate bowl. Set aside.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CAULI NUGS Coat the cauli pieces in the batter first, then lightly coat in the breadcrumbs. Return the pan to medium heat with 3-4cm of oil. When hot, carefully lower the crumbed cauli into the hot oil and fry until golden and cooked through, 5-6 minutes (shifting as they colour). You may need to do this step in batches. Drain on paper towel and season.

4. CREAMY & CRUNCHY In a bowl, combine the sliced cabbage, the grated carrot, the mayo, and seasoning.

5. BANG BANG CAULI Plate up the creamy slaw and side with the golden cauli. Sprinkle over the toasted sesame seeds and the sliced spring onion. Side with the bang-bang sauce for dunking. Dive in, Chef!

Nutritional Information

Per 100g

Energy	583kj
Energy	139kcal
Protein	2.5g
Carbs	44g
of which sugars	6.1g
Fibre	2.1g
Fat	1.8g
of which saturated	0.4g
Sodium	161mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days