



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: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jewell Willemberg

 Veggie

 Alvi's Drift | 221 Chenin Blanc

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Ingredients & Prep

150ml	White Basmati Rice <i>rinsed</i>
20ml	Black Sesame Seeds
110ml	Buffalo Sauce <i>(60ml Colleen's Smoked Paprika Chilli Sauce, 30ml Worcestershire Sauce & 20ml Golden Syrup)</i>
160ml	Flour Mix <i>(80ml Cornflour & 80ml Cake Flour)</i>
400g	Cauliflower Florets <i>cut into large bite-sized pieces</i>
200g	Cabbage <i>very thinly sliced</i>
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
30ml	Lemon Juice
60ml	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 300ml 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 ¼ of the flour mix and 60ml 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 ½ the chopped coriander, the lemon juice, ½ of the cashew cream cheese, seasoning, and ½ 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