



UCOOK

Coconut Cauli Quinoa Bowl

with tandoori-spice, coriander & a cucumber-coconut salsa

This wholesome, vegan friendly delish dish is just perfect for meat-free Monday! Toasty roasted cauliflower with tandoori spices, on a bed of lush mixed quinoa and alongside a coconut-cucumber salsa. Garnished with coriander and coconut flakes — it's absolutely yummy!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Karen Dudley

 Vegetarian

 Haute Cabrière | Pinot Noir Rosé

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Ingredients & Prep

1	Garlic Cloves <i>peeled & grated</i>
10ml	NOMU Tandoori Rub
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
100ml	Quinoa
50g	Cucumber <i>finely diced</i>
50ml	Coconut Cream
5ml	Coconut Sugar
20g	Coconut Flakes
20g	Green Leaves <i>rinsed</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
10ml	Red Wine Vinegar
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

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

1. ROASTY TOASTY CAULI Preheat the oven to 200°C. In a bowl, combine the grated garlic, Tandoori rub (to taste), 15ml of oil and seasoning. Coat the cauliflower in the tandoori mixture, adding more oil if required. Evenly spread out and roast in the hot oven for 20-25 minutes until cooked through and golden, shifting halfway.

2. GORGEOUS GRAINS Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

3. COCO-SALSA Place the diced cucumber, coconut cream, and coconut sugar in a bowl with some seasoning. Mix until fully combined and set aside for serving.

4. ALMOST THERE! Place a pan over a medium heat. Toast the coconut flakes for 2-3 minutes, shifting occasionally, until golden brown. Remove from the pan on completion. Place the rinsed green leaves, the quinoa, ½ of the chopped coriander and the chopped chilli (to taste) in a salad bowl with a drizzle of oil, some seasoning and some red wine vinegar. Mix until fully combined.

5. DIG IN! Time to plate up this flavour-packed bowl! Make a bed of loaded quinoa, top with the tandoori cauliflower and drizzle over the coconut-cucumber salsa. Garnish with the remaining coriander, spring onion and toasted coconut flakes. Well done, Chef!

Nutritional Information

Per 100g

Energy	593kj
Energy	142Kcal
Protein	4.1g
Carbs	16g
of which sugars	3.2g
Fibre	3.5g
Fat	6.3g
of which saturated	4.4g
Sodium	111mg

Allergens

Allium, Sulphites

Cook
within 3
Days