



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: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Stettyn Winery

Adventurous Foodie

 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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Ingredients & Prep

55ml	Smoky Flour <i>(50ml Self-raising Flour & 5ml Smoked Paprika)</i>
1	Garlic Clove <i>peel & grate</i>
60ml	Low Fat Fresh Milk
100ml	Panko Breadcrumbs
5ml	White Sesame Seeds
200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
100g	Cabbage <i>rinse & finely slice ½</i>
120g	Carrot <i>rinse, peel & grate ½</i>
60ml	Kewpie Mayo
1	Spring Onion <i>rinse & finely slice</i>
70ml	Bang-bang Sauce <i>(50ml Thai Sweet Chilli Sauce, 10ml Lime Juice & 10ml 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 15ml 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, 4-5 minutes (shifting as they colour). 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