



U C O O K

— COOKING MADE EASY

DREAMY CHEVIN & CAULI

with homemade butter bean hummus & a gluten-free charcoal wrap

Crisp roast cauli and creamy goat's cheese on a bed of homemade turmeric and butter bean hummus; decorated with rocket, tangy jalapeño relish, and fresh chilli. Ready in minutes and scooped up in a toasty charcoal wrap!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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	Garlic Clove <i>peeled & grated</i>
2g	Fresh Rosemary <i>rinsed</i>
120g	Butter Beans <i>drained & rinsed</i>
1.25ml	Turmeric Powder
5ml	Sesame Seeds
1	Gluten-Free Charcoal Wrap
20g	Green Leaves <i>rinsed</i>
15ml	Jalapeño Relish
25g	Goat's Cheese
1	Fresh Chilli <i>deseeded & finely sliced</i>

From Your Kitchen

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

1. ROAST THE CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and becoming crispy.

2. GOLDEN HUMMUS Place a small pot over a medium-high heat and add a drizzle of oil or knob of butter, the grated garlic, and the rinsed rosemary sprigs. Sauté for 1-2 minutes, shifting regularly. Add the drained butter beans and 60ml of water and simmer for 3-4 minutes, stirring occasionally. Remove from the heat on completion. Take out the rosemary stalks and pick off 3-4 rosemary leaves. Return the leaves to the pot, discarding the stalks, and stir through the turmeric. Pour into a blender or food processor and blend until a thick hummus. If it's too thick, gradually mix in water in small increments. Season to taste, return to the pot, and cover with a lid. Set aside to keep warm until serving.

3. TOAST THE SESAME SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. WARM CHARCOAL WRAP When the cauliflower has 5 minutes to go. Return the pan to a medium-high heat. When hot, dry toast the wrap for about 30 seconds per side until warmed through. Remove from the pan on completion and cut into quarters.

5. DRESS THE LEAVES Just before serving, toss a drizzle of oil through the rinsed green leaves and season to taste.

6. STACK IT UP! Generously smear some golden butter bean hummus on a plate and top with the crispy, roast cauliflower. Dollop over the jalapeño relish and goat's cheese. Garnish with the toasted sesame seeds and sprinkle over the fresh, sliced chilli to taste. Serve the dressed leaves on the side with the toasted wrap quarters to bring it all together. Delish!



Chef's Tip

Cauliflower is naturally high in fiber and B vitamins. It also contains fibre for optimal digestion. Blitz it up, pat dry, and sauté with a lid on for a low-carb cauli rice.

Nutritional Information

Per 100g

Energy	422kj
Energy	101Kcal
Protein	4.5g
Carbs	15g
of which sugars	3.4g
Fibre	5g
Fat	2.8g
of which saturated	1.6g
Sodium	213mg

Allergens

Dairy, Allium, Sesame

Cook
within
4 Days