



# UCOOK

## Katlego's Cauli & Gooseberry Roast

with amasi-hummus dressing & golden sultana couscous

Here I pay homage to the cauliflower as cauli soup was one of the first things I made in culinary school. I grew up eating amasi, it's our African version of buttermilk. The amasi-hummus dressing and the tartness from the gooseberries work well with the sweetness of the sultanas. The dish will tantalise your taste buds!

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Katlego Mlambo

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 Vegetarian

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 No paired wines

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## Ingredients & Prep

90ml	NOMU BBQ Rub
450g	Cauliflower
60g	Almond Flakes
200ml	Amasi-Hummus Dressing <i>(100ml Amasi &amp; 100ml Hummus)</i>
240ml	Couscous Mix <i>(225ml Couscous, 15ml Vegetable Stock &amp; 30g Golden Sultanas)</i>
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
45ml	Honey
300g	Gooseberries
90g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. ROASTY CAULIFLOWER** Preheat the oven to 200°C. Mix ¾ of the BBQ rub with a drizzle of oil and some seasoning in a small bowl. if necessary, cut the cauliflower into 3 pieces. Coat the cauliflower in the rub mix until fully coated. Place on a roasting tray and roast in the hot oven for 35-40 minutes. Alternatively, cut the cauliflower into florets and roast in the hot oven for 25-30 minutes - however, we recommend roasting it whole! On completion the cauliflower should be tender and golden.

**2. FLAKEY ALMONDS** Boil the kettle. Place the almond flakes in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop the almonds when cool enough to handle. Place the amasi-hummus dressing in a bowl, season to taste and add water in 5ml increments until drizzling consistency. Set aside for serving.

**3. BE-COUSCOUS I SAID SO** Using a shallow bowl, submerge the couscous mix in 375ml of boiling water. Add a drizzle of oil and the remaining BBQ rub and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork and mix through ½ the chopped almonds, ½ the chopped coriander and seasoning to taste.

**4. GOOSEBERRY SAUCE & SALAD** Return the pan to a medium heat. Once hot, add the honey and 15ml of water. Mix until fully combined and heated through. Add in ½ of the gooseberries and fry for about 4-5 minutes, breaking them up with a fork as they cook until heated through. Immediately remove from the heat and set aside. Halve the remaining gooseberries. In a large salad bowl, mix together the green leaves, some almond flakes (reserving some for garnish), halved gooseberries, a drizzle of olive oil and seasoning to taste.

**5. VEGGIE FEAST** Spoon the tasty couscous mix onto a plate and lay on the beautifully roasted cauliflower and side with the vibrant, crunchy salad. Drizzle over the gooseberry sauce and amasi-hummus dressing and sprinkle over the remaining coriander and almond flakes. Gorgeous, chef!



## Chef's Tip

Amasi is a cultured dairy product and is one of South Africa's most popular food staples. It was developed as an ancient method of preserving milk with health benefits such as aiding digestion.

## Nutritional Information

Per 100g

Energy	584kj
Energy	140Kcal
Protein	4.5g
Carbs	22g
of which sugars	7.9g
Fibre	4.2g
Fat	3.4g
of which saturated	0.5g
Sodium	453mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days