



UCOOK

Crunchy Buffalo Cauli Bites

with a homemade ranch dressing, roast sweet potato & fresh chives

Enjoy the satisfying crisp and smoky spice that buffalo wings are famous for, but coating delish, healthy cauliflower instead. If that wasn't delectable enough, morsels of crisp sweet potato and our creamy ranch dressing will bring it home!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha Finnegan

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique Rosé NV

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
400g	Cauliflower Florets <i>cut into small, bite-sized pieces</i>
125ml	Tapioca Flour
25ml	Buffalo Spice <i>(10ml Smoked Paprika & 15ml NOMU Spanish Rub)</i>
170ml	Ranch Dressing <i>(40ml Buttermilk, 125ml Plain Yoghurt & 5ml Dijon Mustard)</i>
8g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
2	Baby Gem Lettuce Heads
20ml	Crispy Onions

From Your Kitchen

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

1. ROAST 'EM UP Preheat the oven to 200°C. Place the sweet potato chunks on a roasting tray. Coat in oil, season, and spread out on one side of the tray. Roast in the hot oven for 30-35 minutes. Place the cauliflower pieces in a bowl and coat in oil. Sprinkle over the tapioca flour and $\frac{3}{4}$ of the buffalo spice (or to taste). Toss with your hands until coated and there are no dry spots of flour or spice. Add more oil if necessary. Season to taste.

2. RELAX UNTIL THE HALFWAY MARK When the sweet potato reaches the halfway mark, remove from the oven and give it a shift. Place the spiced cauliflower on the other side of the tray, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the cauliflower should be crisping up and the sweet potato should be cooked through and caramelised.

3. WARMING RANCH DRESSING Place a small pot over a medium heat with 30ml of oil. When hot, fry the remaining buffalo spice for 30-60 seconds until fragrant, shifting constantly. Add in the ranch dressing and $\frac{3}{4}$ of the chopped chives. Whisk together with the juice of 2 lemon wedges and some seasoning to taste. Once well combined, remove the pot from the heat. Pop on a lid and set aside to keep warm until serving.

4. CHAR THE GEMS Halve the lettuce heads lengthways, keeping the stems intact. Gently rinse and pat dry. When the veggies have 5 minutes remaining, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, char the lettuce halves cut-side down for 2-3 minutes. Remove from the pan on completion and season.

5. IT'S YOUR SERVE! Dish up the roast sweet potato, top with the crunchy cauli, and side with the charred lettuce. Garnish with the lemon zest (to taste) and the crispy onions. Sprinkle over the remaining chives, cover in lashings of ranch dressing, and serve with a lemon wedge. Yeehaw!



Chef's Tip

If you don't like charred lettuce or would like to give your meal some extra freshness, simply skip the frying step and plate the lettuce rinsed and dried.

Nutritional Information

Per 100g

Energy	357kJ
Energy	85Kcal
Protein	1.9g
Carbs	16g
of which sugars	3.5g
Fibre	2.1g
Fat	0.9g
of which saturated	0.3g
Sodium	123mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days