



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: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Samantha Finnegan

 **Vegetarian**

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
800g	Cauliflower Florets <i>cut into bite-size pieces</i>
250ml	Tapioca Flour
50ml	Buffalo Spice <i>(20ml Smoked Paprika & 30ml NOMU Spanish Rub)</i>
10ml	NOMU One For All Rub
330ml	Ranch Dressing <i>(80ml Buttermilk, 240ml Plain Yoghurt & 10ml Dijon Mustard)</i>
15g	Fresh Chives <i>rinsed & finely chopped</i>
2	Lemon <i>zested & cut into wedges</i>
2	Baby Gem Lettuce Head
40ml	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 evenly. Roast in the hot oven for 35-40 minutes. Place the cauliflower pieces on a separate roasting tray and coat in oil. Sprinkle over the tapioca flour and the buffalo spice to taste. Toss with your hands until coated and season to taste. Spread out in a single layer and set aside.

2. YOU'RE HALFWAY! When the sweet potato reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of spiced cauli and cook for the remaining roasting time. On completion, the cauli should be crispy and the sweet potato should be cooked through and caramelised.

3. RANCH DRESSING Place a small pot over a medium heat with 45ml of oil. When hot, fry the One For All Rub for 30-60 seconds until fragrant, shifting constantly. Add in the ranch dressing and three-quarters of the chopped chives. Whisk together with the juice of 4 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 stem intact. Gently rinse and pat dry. When the veggies have 5-10 minutes to go, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, char the lettuce cut-side down for 2-3 minutes. Remove from the pan on completion and season lightly.

5. IT'S YOUR SERVE! Dish up the roast sweet potato and top with the crunchy cauli. Place the charred gems alongside and garnish with the crispy onions and the lemon zest to taste. Sprinkle over the remaining chopped chives, cover in drizzles of ranch dressing, and serve with a lemon wedge on the side. Yeehaw!

Nutritional Information

Per 100g

Energy	332kj
Energy	79Kcal
Protein	2.3g
Carbs	14g
of which sugars	3.5g
Fibre	2.2g
Fat	1g
of which saturated	0.4g
Sodium	133.2mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days