



QCOOK

Bang Bang Cauli

with a creamy Kewpie mayo slaw

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	588kj	4138kj
Energy	140kcal	988kcal
Protein	2.5g	17.3g
Carbs	16g	110g
of which sugars	6.3g	44.1g
Fibre	2.1g	15.1g
Fat	7g	49.2g
of which saturated	0.4g	2.8g
Sodium	213mg	1501mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
55ml	110ml	Smoky Flour <i>(50ml [100ml] Self-raising Flour & 5ml [10ml] Smoked Paprika)</i>
1	1	Garlic Clove <i>peel & grate</i>
60ml	125ml	Low Fat Fresh Milk
100ml	200ml	Panko Breadcrumbs
5ml	10ml	White Sesame Seeds
200g	400g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
100g	200g	Cabbage <i>rinse & finely slice</i>
120g	120g	Carrot <i>rinse, trim, peel & grate ½ [1]</i>
60ml	125ml	Kewpie Mayo
1	1	Spring Onion <i>rinse & finely slice</i>
70ml	140ml	Bang-bang Sauce <i>(50ml [100ml] Thai Sweet Chilli Sauce, 10ml [20ml] Lime Juice & 10ml [20ml] Sriracha Sauce)</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

1. BEGIN THE BATTER In a bowl, combine the smoky flour and the garlic. Gradually whisk in the milk and 15ml [30ml] 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 cauliflower 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 cauliflower 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 cabbage, the carrot, the mayo, and seasoning.

5. BANG-BANG CAULI Plate up the creamy slaw and side with the golden cauliflower. Sprinkle over the sesame seeds and the spring onion. Side with the bang-bang sauce for dunking. Dive in, Chef!