



# UCOOK

## Crunchy Cauliflower Bowl

**with homemade hummus & pickled  
veggies**

Enjoy this protein packed vegan number! Charred cauliflower, crunchy chickpeas on a bed of homemade hummus, served with pickled carrots and cucumber ribbons. Finished off with a scatter of sunflower seeds and fresh mint leaves.

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Vegetarian

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 Robertson Winery | Sauvignon Blanc

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## Ingredients & Prep

200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
240g	Chickpeas <i>drained &amp; rinsed</i>
15ml	NOMU Spanish Rub
1	Garlic Clove
30ml	Pickling Liquid <i>(20ml White Wine Vinegar &amp; 10ml Maple Syrup)</i>
120g	Carrot <i>peeled into ribbons</i>
50g	Cucumber <i>peeled into ribbons</i>
10g	Sunflower Seeds
15ml	Tahini
1	Lemon <i>½ zested &amp; cut into wedges</i>
4g	Fresh Mint <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. CAULI & CHICKPEAS** Preheat the oven to 200°C. Spread out the cauliflower pieces and ½ the drained chickpeas on a roasting tray. Coat in oil, ½ the rub (to taste) and seasoning. Roast in the hot oven for 20-25 minutes. At the halfway mark, add the whole, unpeeled garlic clove, and roast for the remaining time. On completion, the garlic should be soft, the cauliflower should be starting to char, and the chickpeas should be crispy.

**2. PICKLED RIBBONS** In a bowl, place the pickling liquid, 2 tbsp of water and some seasoning. Mix until fully combined. Add the carrot and cucumber ribbons. Toss until fully combined.

**3. TOASTED SEEDS** Place the sunflower 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. HUMMUS** Once the roast is cooked, squeeze the flesh of the roasted garlic into a blender. Add the remaining chickpeas, the tahini, a squeeze of lemon juice, the remaining rub, and 40ml of olive oil. Pulse until smooth. Add a splash of water if it's too thick for your liking. On completion, add a pinch of lemon zest and seasoning to taste. Drain the pickling liquid from the carrot and cucumber.

**5. FEAST UP!** Make a bed of the homemade hummus. Top with the roasted veggies and side with the pickled ribbons. Garnish with the toasted seeds, picked mint leaves and remaining lemon wedge. Look at you go, Chef!



## Chef's Tip

To make sure your cauliflower and chickpeas do get crispy, make sure it's spread out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

## Nutritional Information

Per 100g

Energy	449kJ
Energy	107Kcal
Protein	4.7g
Carbs	14g
of which sugars	4.1g
Fibre	4g
Fat	2.7g
of which saturated	0.3g
Sodium	128mg

## Allergens

Allium, Sesame, Sulphites

Cook  
within 2  
Days