



# UCOOK

## Korean-Style Baked Cauli

with sushi rice & pickled cucumber and radish

Taste the flavors of Korea with this roast cauli slathered in Sepial's delectable KFC sauce, served on a bed of sticky sushi rice, a pickled salad of carrot, cucumber and radish and sprinkled with toasted sesame seeds. Forget travelling and enjoy this Korean-inspired feast in the comfort of your home!

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**Hands-On Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Vegetarian

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 Cavalli Estate | White Knight

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## Ingredients & Prep

600g	Cauliflower Florets <i>cut into bite-sized pieces</i>
400ml	Sushi Rice
60ml	Kewpie Mayo
80g	Radish <i>rinsed &amp; sliced into thin rounds</i>
200g	Cucumber <i>rinsed &amp; roughly diced</i>
300g	Julienne Carrot
30ml	Mixed Sesame Seeds
180ml	Pickling Liquid <i>(120ml Rice Wine Vinegar &amp; 60ml White Sugar)</i>
1	Nori Sheet
250ml	Sepial's KFC Sauce

## From Your Kitchen

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

**1. LET'S GET GOING** Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and starting to become crispy.

**2. FLUFFY RICE & MAYO** Rinse the rice under cold water until it runs clear. (This prevents the rice from becoming stodgy.) Place in a pot with 1L of fresh, salted water. Pop on a lid and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. Loosen the mayo with water in 5ml increments until drizzling consistency, season to taste and set aside for serving.

**3. PICKLED VEG & ROAST NORI** In a bowl, add the radish rounds, diced cucumber and julienne carrot. Toss through the pickling liquid and toss until the veg is fully coated. Season to taste. Set aside to pickle for 10-15 minutes. Place the nori sheet in the hot oven (no need for a roasting tray) and roast for about 5 minutes until crispy. Remove on completion and set aside.

**4. SEED-SATIONAL** Place the sesame seeds in a pan (large enough to fit the cauli) over a medium heat. Toast for 2-4 minutes until the white seeds are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Once the rice is done, remove from the heat, fluff up with a fork and crumble over  $\frac{3}{4}$  of the roasted nori. Mix to combine and set aside.

**5. KOREAN FRIED CAULI** Return the pan to a medium heat. When hot, add the KFC sauce. Once boiling, turn off the heat and toss through the roasted cauli until fully coated. Cover to keep warm and set aside for serving. Drain the pickling liquid from the salad - lose it or reuse it!

**6. YUM, YUM, YUMMY!** Plate up a generous helping of the nori rice. Top with the saucy, sweet and sticky Korean cauli and side with the pickled salad. Drizzle over the mayo and sprinkle over the sesame seeds and the remaining nori to taste. Wow, look at that!



## Chef's Tip

To make sure your cauli does get crispy, spread it out with a little space between each piece and don't overcrowd the tray!

## Nutritional Information

Per 100g

Energy	595kj
Energy	142Kcal
Protein	2.7g
Carbs	23g
of which sugars	7.9g
Fibre	2g
Fat	2.3g
of which saturated	0.3g
Sodium	125mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 2  
Days