



UCOOK

Crispy Buffalo Cauli Tacos

with cashew cream cheese, fresh coriander & a charred corn salsa

We've taken crispy cauliflower pieces smothered in buffalo sauce and paired it with a charred corn & tomato salsa for a flavour-packed taco experience. We've added a smear of creamy cashew cream cheese that perfectly balances the spicy kick of the buffalo cauli bits. Top it off with shredded green leaves and sprinkle with fresh coriander for a vibrant fiesta!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Veggie

 Waterkloof | False Bay Chardonnay

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Ingredients & Prep

80g	Corn
1	Tomato <i>roughly diced</i>
30ml	Lemon Juice
8g	Fresh Coriander <i>rinsed & roughly chopped</i>
110ml	Buffalo Sauce <i>(60ml Colleen's Smoked Paprika Chilli Sauce, 30ml Worcestershire Sauce & 20ml Honey)</i>
200ml	Flour Mix <i>(100ml Cornflour & 100ml Cake Flour)</i>
400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
6	Corn Tortillas
60ml	Cashew Nut Cream Cheese
40g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. DO THE SALSA Place a deep pan over medium-high heat with a drizzle of oil. When hot, add the corn and fry until slightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl. Add the diced tomato, the lemon juice, ½ the chopped coriander, and seasoning. Set aside. Place the buffalo sauce in a bowl, large enough for the cauli.

2. BRING ON THE BATTER Prepare a shallow dish with a mixture of a ¼ of the flour mix and 60ml of water. Prepare a second dish with the remaining flour mix and seasoning. Coat the cauli pieces in the water mix first, then toss them through the seasoned flour mix until coated.

3. IT'S A FRY UP! Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the coated cauli and fry until cooked through and golden, 4-6 minutes (flipping halfway). Drain on paper towel. When all the cauli is done, add to the bowl with the buffalo sauce and toss until coated.

4. ALMOST THERE... Place a pan over medium heat. When hot, dry toast the tortillas until warmed through, 15 seconds per side.

5. ASSEMBLE THE TROOPS! Smear the cashew cream cheese over the warmed tortillas. Top with the shredded green leaves, the charred corn & tomato salsa, and the buffalo cauli. Sprinkle over the remaining coriander. Dig in, Chef!

Nutritional Information

Per 100g

Energy	576kJ
Energy	138kcal
Protein	3.5g
Carbs	22g
of which sugars	4.1g
Fibre	2g
Fat	2.7g
of which saturated	0.4g
Sodium	154mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Tree Nuts

Cook
within 2
Days