



UCOOK

Katlego's Cauli & Gooseberry Roast

with amasi-hummus dressing & golden sultana couscous

Here I pay homage to the cauliflower as cauli soup was one of the first things I made in culinary school. I grew up eating amasi, it's our African version of buttermilk. The amasi-hummus dressing and the tartness from the gooseberries work well with the sweetness of the sultanas. The dish will tantalise your taste buds!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Katlego Mlambo

 Vegetarian

 No paired wines

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Ingredients & Prep

30ml	NOMU BBQ Rub
150g	Cauliflower
20g	Almond Flakes
60ml	Amasi-Hummus Dressing <i>(30ml Amasi & 30ml Hummus)</i>
80ml	Couscous Mix <i>(75ml Couscous, 5ml Vegetable Stock & 10g Golden Sultanas)</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
15ml	Honey
100g	Gooseberries
30g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTY CAULIFLOWER Preheat the oven to 200°C. Mix $\frac{3}{4}$ of the BBQ rub with a drizzle of oil and some seasoning in a small bowl. Coat the cauliflower in the rub mix until fully coated. Place on a roasting tray and roast in the hot oven for 30-35 minutes. Alternatively, cut the cauliflower into florets and roast in the hot oven for 20-25 minutes - however, we recommend roasting it whole! On completion the cauliflower should be tender and golden.

2. FLAKEY ALMONDS Boil the kettle. Place the almond flakes in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop the almonds when cool enough to handle. Place the amasi-hummus dressing in a bowl, season to taste and add water in 5ml increments until drizzling consistency. Set aside for serving.

3. BE-COUSCOUS I SAID SO Using a shallow bowl, submerge the couscous mix in 125ml of boiling water. Add a drizzle of oil and the remaining BBQ rub and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork and mix through $\frac{1}{2}$ the chopped almonds, $\frac{1}{2}$ the chopped coriander and seasoning to taste.

4. GOOSEBERRY SAUCE & SALAD Return the pan to a medium heat. Once hot, add the honey and 5ml of water. Mix until fully combined and heated through. Add in $\frac{1}{2}$ of the gooseberries and fry for about 3-4 minutes, breaking them up with a fork as they cook until heated through. Immediately remove from the heat and set aside. Halve the remaining gooseberries. In a salad bowl, mix together the green leaves, some almond flakes (reserving some for garnish), halved gooseberries, a drizzle of olive oil and seasoning to taste.

5. VEGGIE FEAST Spoon the tasty couscous mix onto a plate and lay on the beautifully roasted cauliflower and side with the vibrant, crunchy salad. Drizzle over the gooseberry sauce and amasi-hummus dressing and sprinkle over the remaining coriander and almond flakes. Gorgeous, chef!



Chef's Tip

Amasi is a cultured dairy product and is one of South Africa's most popular food staples. It was developed as an ancient method of preserving milk with health benefits such as aiding digestion.

Nutritional Information

Per 100g

Energy	584kj
Energy	140Kcal
Protein	4.5g
Carbs	22g
of which sugars	7.9g
Fibre	4.2g
Fat	3.4g
of which saturated	0.5g
Sodium	453mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days