



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!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Cavalli Estate | White Knight

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
100ml	Sushi Rice
15ml	Kewpie Mayo
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>rinsed & roughly diced</i>
75g	Julienne Carrot
7,5ml	Mixed Sesame Seeds
45ml	Pickling Liquid <i>(30ml Rice Wine Vinegar & 15ml White Sugar)</i>
1	Nori Sheet <i>halved</i>
65ml	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 15-20 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 250ml 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