



# U C O O K

— COOKING MADE EASY

## STICKY CASHEW SATAY

**on roast cauliflower & fragrant health rice**

We're shaking it up with a new take on satay, combining the subtle creaminess of cashew nut butter with the saltiness of tamari and the ping of fresh lime. All flowing over lavish dried apricot, almond, and mint health rice.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Vegetarian**

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## Ingredients & Prep

75ml	Spice and All Things Nice Health Rice
200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10g	Fresh Ginger <i>peeled &amp; grated</i>
25ml	Cashew Nut Butter
100ml	Coconut Cream
5ml	Tamari
1	Lime <i>one half zested &amp; cut into wedges</i>
1	Chilli <i>one half deseeded &amp; finely chopped</i>
20g	Green Leaves <i>rinsed</i>
15ml	The Real Food Factory Hemp Seed and Coriander Pesto
3g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. BEFORE YOU GET GOING** Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

**2. PUT THE RICE ON** Preheat the oven to 200°C. Rinse the rice and place in a pot. Submerge in 300ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary.

**3. CAULI ROAST** Spread out the cauliflower pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and becoming crispy.

**4. CASHEW SATAY SAUCE** When the cauliflower is halfway, place a pot over a medium heat with a drizzle of oil. When hot, sauté the grated garlic and ginger for about a minute until fragrant, shifting frequently. Stir in the cashew nut butter, coconut cream, and tamari. Add some lime zest, lime juice, and chilli — all to taste. Bring to a simmer and cook for 2-3 minutes until thickened, stirring regularly. On completion, add some seasoning and a sweetener of choice to taste.

**5. LASTLY, THE GREENS!** When the rice is ready, toss through three-quarters of the fresh, chopped coriander. Toss the rinsed green leaves with a drizzle of oil and season to taste.

**6. DISH UP** Make a bed of healthy rice, cover with the dressed green leaves, and top with the roast cauliflower. Smother in the cashew satay sauce and dollops of the hemp seed and coriander pesto. Garnish with some lime zest, a lime wedge, the remaining fresh coriander, and any remaining chopped chilli, if you'd like. Eat up, Chef!

## Nutritional Information

Per 100g

Energy	589kj
Energy	141Kcal
Protein	4.1g
Carbs	17g
of which sugars	3.2g
Fibre	2.8g
Fat	5.7g
of which saturated	1.5g
Sodium	168mg

## Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook  
within 3  
Days