



# UCOOK

## Crunchy Buffalo Cauli Bites

**with a homemade ranch dressing, roast sweet potato & fresh chives**

Enjoy the satisfying crisp and smoky spice that buffalo wings are famous for, but coating delish, healthy cauliflower instead. If that wasn't delectable enough, morsels of crisp sweet potato and our creamy ranch dressing will bring it home!

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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:** Samantha Finnegan

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 **Vegetarian**

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into bite-size chunks</i>
200g	Cauliflower Florets <i>cut into bite-size pieces</i>
65ml	Tapioca Flour
12,5ml	Buffalo Spice <i>(5ml Smoked Paprika &amp; 7,5ml NOMU Spanish Rub)</i>
2.5ml	NOMU One For All Rub
82,5 ml	Ranch Dressing <i>(20ml Buttermilk, 60ml Plain Yoghurt &amp; 2,5ml Dijon Mustard)</i>
4g	Fresh Chives <i>rinsed &amp; finely chopped</i>
1	Lemon <i>one half zested &amp; cut into wedges</i>
1	Baby Gem Lettuce Head
10ml	Crispy Onions

## From Your Kitchen

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

**1. ROAST 'EM UP** Preheat the oven to 200°C. Place the sweet potato chunks on a roasting tray. Coat in oil, season, and spread out evenly on one side of the tray. Roast in the hot oven for 30-35 minutes. Place the cauliflower pieces in a bowl and coat in oil. Sprinkle over the tapioca flour and the buffalo spice to taste. Toss with your hands until coated, season to taste, and set aside.

**2. YOU'RE HALFWAY!** When the sweet potato reaches the halfway mark, remove from the oven and give a shift. Place the spiced cauli on the other side of the tray, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the cauli should be crispy and the sweet potato should be cooked through and caramelised.

**3. RANCH DRESSING** Place a small pot over a medium heat with 1 tbsp of oil. When hot, fry the One For All Rub for 30-60 seconds until fragrant, shifting constantly. Add in the ranch dressing and three-quarters of the chopped chives. Whisk together with the juice of 1 lemon wedge and some seasoning to taste. Once well combined, remove the pot from the heat. Pop on a lid and set aside to keep warm until serving.

**4. CHAR THE GEMS** Halve the lettuce head lengthways, keeping the stem intact. Set one half aside for another meal. Gently rinse and pat dry. When the veggies have 5-10 minutes to go, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, char the lettuce cut-side down for 2-3 minutes. Remove from the pan on completion and season lightly.

**5. IT'S YOUR SERVE!** Dish up the roast sweet potato and top with the crunchy cauli. Place the charred gem alongside and garnish with the crispy onions and the lemon zest to taste. Sprinkle over the remaining chopped chives, cover in drizzles of ranch dressing, and serve with a lemon wedge on the side. Yeehaw!

## Nutritional Information

Per 100g

Energy	332kj
Energy	79Kcal
Protein	2.3g
Carbs	14g
of which sugars	3.5g
Fibre	2.2g
Fat	1g
of which saturated	0.4g
Sodium	133.2mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days