



UCCOOK

Korean-style Cauli Bowl

with kimchi & sesame seeds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	328kJ	1746kJ
Energy	79kcal	418kcal
Protein	3.1g	16.6g
Carbs	14g	74g
of which sugars	3g	14g
Fibre	3g	14g
Fat	1g	5.2g
of which saturated	0.1g	0.4g
Sodium	115.7mg	615mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

150ml	200ml	Brown Basmati Rice <i>rinse</i>
60ml	80ml	Lime Juice
240g	240g	Carrot <i>rinse, trim & peel into ribbons</i>
90ml	120ml	Spicy Sweet Chilli <i>(15ml [20ml] Gochujang, 30ml [40ml] Rice Wine Vinegar, 15ml [20ml] Tamari Sauce & 30ml [40ml] Carb Smart Sweet Chilli Sauce)</i>
15ml	20ml	Black Sesame Seeds
120g	160g	Edamame Beans
600g	800g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Garlic Cloves <i>peel & grate</i>
60g	80g	Green Leaves <i>rinse</i>
90g	120g	Kimchi <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **READY THE RICE** Place the rice in a pot with 700ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. **SOME PREP** To a bowl, add the lime juice, the carrots, and seasoning. To a separate bowl, add the spicy sweet chilli and water in 5ml increments until drizzling consistency.

3. **SESAME & EDAMAME** Boil the kettle. Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. **COOK THE CAULI** Place a pan over medium-high heat with a drizzle of oil. Fry the cauliflower until lightly charred, 8-10 minutes. Deglaze the pan with a splash of water and add the ginger and the garlic. Fry until all the liquid has evaporated and fragrant, 2-3 minutes. Remove from the pan and season.

5. **PLATE IT UP** Make a bed of the green leaves, top with the rice, the cauliflower, and the edamame beans and serve alongside the carrots. Drizzle over the sweet chilli dressing, scatter over the sesame seeds, and the kimchi. Well done, Chef!