



UCOOK

Crispy Cauli Bliss Bowl

with coconut rice, grapes & pecan nuts

A divine dinner of crispy cauli, sticky sauce and coconut rice. Topped with fresh coriander and toasty pecans, and sided with crispy butternut. Dig in!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Rosé

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Ingredients & Prep

500g	Butternut <i>cut into bite-sized chunks</i>
200ml	Jasmine Rice
200ml	Coconut Cream
160ml	Panko Breadcrumbs
300g	Cauliflower Florets <i>cut into bite-sized pieces</i>
40g	Pecan Nuts
30ml	Sweet Thai Chilli Sauce
20ml	Pomegranate Dressing
20g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
60ml	Soy Marinade <i>(30ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
200g	Red Grapes <i>rinsed & cut into quarters</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 200°C. Place the butternut chunks on half of a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. CREAMY RICE Rinse the rice under cold water until it runs clear. Place in a lidded pot, over a medium-high heat with the coconut cream, a sweetener of choice and 200ml of water. Once boiling, reduce the heat and simmer for 15-20 minutes until the cream has been absorbed and the rice is tender. Add water if it starts to dry out. On completion, remove from the heat and fluff up with a fork.

3. CRUMBING STATION In two shallow dishes, place 2 eggs and 2 tbsp of water, and in the other, the panko breadcrumbs with some seasoning. Coat the cauliflower florets in the egg mixture, then the panko crumbs – press into the florets so it sticks and coats evenly. When the butternut has 15-20 minutes remaining, add the crumbed cauliflower to the other side of the roasting tray. Drizzle over some oil and roast for the remaining time until cooked through and golden.

4. TOASTY NUTS Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and roughly chop.

5. STICKY SAUCE When the cauli has 5 minutes remaining, return the pan to a medium-high heat. Once hot, add the sweet Thai chilli sauce, pomegranate molasses, grated ginger, grated garlic and soy marinade. Bring to a boil and reduce the heat and leave to simmer for about 5 minutes until reduced and thickened. Add water in 5ml increments if it reduces too quickly. Add in the crumbed cauli and toss until coated.

6. CRISPY & STICKY DINNER! Plate up a generous helping of the coconut rice. Top with the sticky, crispy cauli and pour over the remaining sauce. Side with the crispy butternut and sprinkle over the quartered grapes, fresh coriander and the pecan nuts. Stunning!



Chef's Tip

To make sure your butternut does get crispy, spread it out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

Energy	594kJ
Energy	142Kcal
Protein	3.2g
Carbs	20g
of which sugars	2.9g
Fibre	2.2g
Fat	5.1g
of which saturated	2.6g
Sodium	230mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Cook
within 3
Days