



U C O O K

— COOKING MADE EASY

TEMPURA WATERBLOMMETJIES

**with a coconut and chilli dipping sauce &
sweet potato wedges**

Never tried these edible flowers? It's crunch time! Indigenous to SA, they have a subtle flavour and unique texture. With our tempura twist, they taste like battered prawns: succulent inside and gorgeously crispy outside!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kirsty Gibbings

 **Vegetarian**

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Ingredients & Prep

150g	Waterblommetjies
250g	Sweet Potato <i>rinsed & cut into wedges (skin on)</i>
50ml	Coconut Yoghurt
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
4g	Fresh Mint <i>rinsed & roughly sliced</i>
40g	Peas
50g	Cucumber <i>peeled into ribbons or sliced into thin half-moons</i>
20g	Salad Leaves <i>rinsed</i>
125ml	Tempura Flour

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Ice Blocks
Water
Paper Towel
Tongs

1. WATERBLOMMETJIES Preheat the oven to 200°C. Boil the kettle. Submerge the waterblommetjies in a bowl of water with a pinch of salt. Open up the leaves to remove any dirt. Try to keep them intact, but don't worry if they separate. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the waterblommetjies in a colander over the pot. Allow to steam for 15-20 minutes until softened. Alternatively, use a steamer if you have one.

2. ROAST THE SWEET POTATO Spread out the sweet potato wedges on 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.

3. SAUCE & SALAD Place the coconut yoghurt in a bowl with a drizzle of oil. Add some grated garlic, chopped chilli, lemon juice, and lemon zest — all to taste. Stir to combine, season to taste, and set aside for serving. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and place in a bowl. Add in the rinsed salad leaves, ribboned cucumber, sliced mint, and a drizzle of oil. Toss together with some seasoning and set aside for serving.

4. COOL IT DOWN When the waterblommetjies are steamed, lay out on a plate or tray in a single layer. Pop in the fridge for 10-15 minutes until cooled completely. Pour 90ml of water into a bowl with a few ice blocks. When the water is ice-cold, remove any remaining pieces of ice.

5. TEMPURA TIME To make the tempura batter, gradually whisk the flour and a pinch of salt into the bowl of cold water until combined. (Don't overmix, lumps are fine in this case!) Once the waterblommetjies have cooled, place next to the stove, along with the batter and a plate covered in paper towel. Place a deep pan over a high heat with 2cm of oil covering the base. To test if it's hot, pop in a drop of batter. If it fizzes, it's ready! Place a handful of waterblommetjies in the bowl of batter. Using a pair of tongs, gently coat and quickly place them in the pan. Fry for 30-60 seconds, turning until gold and crispy. Remove from the pan on completion, drain on the paper towel, and season to taste.

6. GET MUNCHING! Plate some roast sweet potato wedges alongside the tempura waterblommetjies. Side with the creamy coconut sauce for dunking the waterblommetjies and the nourishing salad. Garnish with any remaining chopped chilli and lemon zest to taste. What a treat, Chef!



Chef's Tip

If you like the taste and texture of battered waterblommetjies, make them on your own as a dessert with tempura batter, cinnamon, and sugar!

Nutritional Information

Per 100g

Energy	464kj
Energy	111Kcal
Protein	2.2g
Carbs	23g
of which sugars	4.3g
Fibre	2.5g
Fat	0.6g
of which saturated	0.3g
Sodium	123mg

Allergens

Gluten, Allium, Wheat

Cook
within 2
Days