



UCCOOK

Sticky Orange Cauli & Fried Rice

with fresh coriander, spring onion & chilli flakes

Beautifully roasted cauli doused in a sticky sauce of orange juice, ginger, garlic, soy sauce, rice wine vinegar, and chilli flakes. Served on a bed of corn, pickled bell peppers, and baby marrow fried rice. Sprinkled with coriander and spring onion. Comfort food, here I come!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Fat Bastard | Chardonnay

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
75ml	Jasmine Rice <i>rinsed</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
50g	Corn
30g	Pickled Bell Peppers <i>drained</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
30ml	Soy-vinegar <i>(10ml Rice Wine Vinegar & 20ml Low Sodium Soy Sauce)</i>
10ml	Cornflour
50ml	Orange Juice
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
2,5ml	Dried Chilli Flakes
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. CAULIFLOWER POWER! Preheat the oven to 200°C. 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 starting to crisp.

2. RICE, RICE, BABY Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Remove from the heat and steam, with the lid on, for a further 10 minutes until cooked and tender. On completion, drain if necessary, and fluff up with a fork.

3. OPTIONAL EGG & FRIED RICE When the rice has 10 minutes remaining, crack an egg into a bowl. Add some seasoning and whisk until fully combined. Place a pan (large enough for the rice) over a medium-high heat with a drizzle of oil. When hot, add the baby marrow rounds and the corn and fry for 3-5 minutes until softened and browned, shifting occasionally. Add the pickled pepper slices and the spring onion whites and fry for 1-2 minutes until slightly softened, shifting constantly. Add the whisked egg (if using) and fry for 1-2 minutes until cooked through and scrambled, shifting constantly. Mix in the cooked rice and ½ the soy-vinegar. Remove from the pan, season to taste and cover to keep warm.

4. WHEN THE CAULI IS DONE... In a bowl, mix the cornflour with 20ml of water until fully dissolved. Return the pan, wiped down if necessary, to a medium heat. Add the orange juice, the remaining soy-vinegar, the grated ginger and garlic, the loosened cornflour, 10ml of a sweetener of choice, and ½ the chilli flakes (to taste). Mix until fully combined. Leave to simmer for 2-3 minutes until slightly reduced, thickened and sticky. Remove from the heat and toss through the roasted cauliflower until fully coated.

5. PILE IT UP! Pile up a generous helping of the veggie fried rice. Top with the sticky orange cauli and drizzle over the remaining sauce. Sprinkle over the remaining chilli flakes, the rinsed coriander and the spring onion greens. Dig in, Chef!



Chef's Tip

If your veggie fried rice gets cold before serving, simply pop it back in a pan on a low heat and gently reheat until the desired temperature.

Nutritional Information

Per 100g

Energy	376kJ
Energy	90Kcal
Protein	2.7g
Carbs	18g
of which sugars	3.4g
Fibre	1.9g
Fat	0.4g
of which saturated	0.1g
Sodium	241mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days