



KOREAN BBQ STYLE CAULIFLOWER LETTUCE WRAPS

 6 portions

INGREDIENTS

- 6–8 cups small cauliflower florets (1 large or 2 small heads)
- 2 tsps of oil, olive, salad or cooking [9 g]
- 1 tsp of salt, table [6 g]
- butter lettuce cups
- 1/4 cup crushed peanuts
- 2 tsps minced chives, raw [6 g]
- Sauce:
- 1/2 cup of low sodium soy sauce
- 1/4 unpacked brown sugar
- 1 clove of garlic, raw [3 g]
- 1-inch knob fresh ginger
- 1 tbsp rice wine vinegar
- 3 tsps of sauce, 1 tablespoon sambal oelek (or a spicy chile paste, or sriracha – use less for a milder sauce)
- 1 tablespoon sesame oil
- .50 tbsp cups of cornstarch [21 g]
- Spicy mayo:
- 4 tsps lite mayo
- 2 tsps of sauce, hot chile, sriracha, TUONG OT SRIRACHA [12 g]

COOKING METHOD

- 1° Roast the cauliflower: Preheat the oven to 450 degrees. Toss the cauliflower with a drizzle of oil and a pinch of salt. Roast for 30 minutes. Make the sauce: Blend everything in a food processor or blender until smooth. Simmer in a saucepan over low heat until it thickens slightly. Cauli meets sauce: Pour sauce directly onto the roasting pan – just enough to get the cauliflower nice and saucy. Toss gently to combine . Make it pretty: Arrange the sauced up cauliflower in lettuce cups. Top with extra sauce, crushed peanuts, chives, and a drizzle of spicy mayo. Mwah!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (244 g)	% DRI
ENERGY	79 kcal	193 kcal	10 %
FAT	4 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	1 mg	4 mg	1 %
SODIUM	549 mg	1341 mg	56 %
CARBOHYDRATE	9 g	21 g	7 %
SUGARS	4 g	10 g	—
FIBER	2 g	4 g	15 %
PROTEIN	3 g	6 g	—