



CAULILINI® baby cauliflower Tempura Street Tacos

Servings

8

Calories

620

Prep Time

30 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

For the tempura

2 pounds CAULILINI® baby cauliflower, cut into uniform pieces

4 cups cooking oil of choice + 3 tablespoons toasted sesame oil

1 ¼ cups all-purpose flour

1 tablespoon cornstarch

3 tablespoons sesame seeds

1 teaspoon garlic powder

½ teaspoon salt

⅛ teaspoon baking soda

1 cup cold carbonated water



For the tacos

24 street taco-sized corn tortillas

½ head green cabbage

Juice of 1 lime

1 pint cherry tomatoes, chopped

1 bunch cilantro, de-stemmed and leaves chopped

1 small red onion, diced

1 clove garlic, minced

½ jalapeno pepper, de-seeded and minced

½ teaspoon salt

Tempura Caulilini®

4 avocados, pitted and sliced

Veganise or Vegan Sour Cream and Favorite Hot Sauce, mixed, to taste

4 limes, sliced



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The Method

For the tempura:

Combine the oils and heat in a large cooking pot to 350°F.

Combine dry ingredients in a bowl and whisk in cold carbonated water to make a batter. It should be the same consistency as a thin pancake batter.

Dredge the CAULILINI® baby cauliflower in the tempura batter then carefully place into hot oil for a few minutes. Use tongs to turn it until it becomes golden and crisp. Continue using tongs to transfer to a paper towel-lined rack to drain. Season lightly with salt.

For the tacos:

Finely shred cabbage. Place tortillas in a 250°F oven for a few minutes to soften and warm.

Place juice of one lime, the tomatoes, cilantro, onion, jalapenos, and salt in bowl and mix.

Place warm tortilla on a plate and fill it with the Caulilini tempura, tomato mixture, avocado slices and marinated cabbage.

Serve with creamy hot sauce and a slice of fresh lime.

By Kari Bernardi, Super Natural Chef | Member, Mann's Chef Panel

Nutrition Facts

Serving Size: 539g | Servings: 8

Amount Per Serving

Calories 620 | Total Fat 34g (sat fat 4.5g trans 0g) | Cholesterol 0mg | Sodium 410mg | Total Carbohydrate 79g | Dietary Fiber 9g | Sugars 10g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 10% | Iron 15% | Potassium 20%