

# Cauliflower shawarma taco, cashew cream, pickled red onions, and sweetcorn salsa

## Ingredients:

- 1 head of cauliflower, leaves removed and cut into florets (if you are feeling resourceful, save the leaves and use for kimchi)
- 50ml Frank's® hot sauce
- 200ml coconut or almond milk
- 3 heaped tablespoons of cornflour
- ½ teaspoon chilli
- ½ teaspoon smoked paprika
- 1 teaspoon garlic salt
- 1 teaspoon onion powder
- 4 tortilla wraps
- 50g cashew nuts
- 1 tin coconut milk
- 1 block tofu
- Salt & pepper
- 1 teaspoon Dijon mustard
- 100g caster sugar
- 100ml white vinegar
- 2 red onions
- 1 tin sweetcorn
- 1 small white onion, diced
- 1 bunch coriander, chopped
- 1 lemon, juiced
- 1 small red pepper, finely diced
- Splash of rapeseed oil
- 1 heaped teaspoon of garam masala

## Method - Cauliflower

1. Take cauliflower florets and plunge into salted boiling water until just tender but still with a bit of bite, drain and plunge into ice water to stop the cooking process.
2. Mix the coconut/almond milk with the Frank's® hot sauce in a large bowl.
3. When the florets are cold, drain and place in the bowl with the Frank's® and milk mixture and let marinate for 1-2 hours.
4. Mix your cornflour, chilli, smoked paprika, garlic salt, and onion powder to make a dredge.
5. Remove the cauliflower florets from the Frank's® mix, toss in the dredge until well coated then deep fat fry in hot oil until golden and crispy.

## Method - Cashew cream

1. Place the cashews, tofu, coconut milk, and mustard into a food processor and blitz until smooth and creamy.
2. Season to taste

## Method - Pickled onions

1. Slice the red onions as thinly as you can
2. Place the white vinegar and caster sugar in a pot with 200ml of water.
3. Bring this liquid to the boil, add your onions, bring the pot back to the boil and turn off immediately.
4. Set to the side and cool.

## Method - Sweetcorn salsa

1. Open the tin of sweetcorn and let it drain.
2. In a large frying pan, add the oil and fry the onions. Allow to colour to a nice golden brown.
3. Add the sweetcorn and garam masala and cook out for about 5 more minutes to let the spice develop some flavour.
4. Add the lemon juice to your pan and remove from heat. Then add the diced pepper (you only want to warm it through and leave it crunchy for a bit of texture.)
5. Stir in the chopped coriander and season to taste.

## Assembly

Place the tortilla on your serving plate, top with the hot crispy cauliflower, then a spoonful of salsa, followed by the red onions. Drizzle with the cashew cream and enjoy!