

Gochujang Cauliflower Taco, Pita or Bao Bun with Cilantro Lime Slaw and Avocado Crema

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 20 tacos

Cilantro Lime Slaw

Make about 3 cups of slaw

1 ½ cups Shredded Green Cabbage-shredded
1 ½ cups purple cabbage-shredded
1 cup carrots-shredded
½ cup cilantro-chopped
½ cup sliced green onions
¼ cup extra virgin olive oil
1 lime-juiced
½ Tbsp Guava, Honey, Maple syrup or Sugar
1 garlic cloves-minced
1 jalapeno, deseeded and minced
1/8 tsp salt

In a large bowl combine both shredded cabbage, shredded Carrots, chopped cilantro and green onions.

In a small bowl, whisk together olive oil, lime juice, sugar, minced garlic, jalapeno, and salt.

Slowly add dressing to cabbage mixture and toss until coated.

Store in airtight container refrigerated for up to 2-3 days.

Avocado Crema

Make about 1 cup

2 Tablespoons Gochujang Red Pepper paste
½ cup room temperature water
2 Tablespoons maple syrup or honey
1/3 cup ketchup
1 Tbsp. Soy sauce
1 teaspoon rice vinegar
1 Tablespoon cornstarch
Mix all ingredients together and simmer over medium heat until bubbly and slightly thickened stirring constantly.

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continued

Cauliflower

1 cauliflower, broken into small florets

1 Tablespoon Olive Oil

1 ½ teaspoon kosher salt

1 teaspoon black pepper

Preheat Oven to 325 degrees and parchment paper a baking pan or cook in sauté pan over medium heat.

In large bowl, toss together cauliflower, oil, salt and pepper.

Spread cauliflower out evenly on baking pan and bake for 15 minutes,

Remove from oven, toss in just enough sauce to coat cauliflower and bake another 10-12 minutes until edges are slightly charred and caramelized.

Optional Method:

Add cauliflower to sauté pan and cook until tender for about 5 minutes, add sauce and cook five more minutes until cauliflower is tender and sauce is caramelized and reduced.

Building Tacos

20 grilled tortillas, pitas or steamed bao buns

Roasted Cauliflower

Avocado Crema

Cilantro Lime Slaw

Place tortilla, pita or bao bun on flat surface and place 1 ounce cauliflower into buns, followed by 1 tablespoons crema and a ¼ cup cilantro lime slaw.

Serve immediately.