

# Sweet and Sour Cauliflower with Rice Noodles

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## Ingredients

250g rice noodles  
100g besan flour  
refined organic sunflower oil for frying  
800g cauliflower cut into florets  
1 capsicum sliced in fine strips  
1 tbsp sesame seeds  
4 spring onions sliced fine  
few leaves of bok chop finely shredded  
Salt and pepper (white pepper is best if you can find it)

## Sweet & Sour Sauce

4 Medjool dates or 6 dried  
2 tbsp apple cider vinegar  
2 tbsp tamari  
1 tomato  
1 clove garlic  
1 tsp of cornflour or rice flour

## Method

1. For the sweet and sour sauce, place everything except the corn flour in a blender and blend. Add to a saucepan and bring to the boil on a low heat. Mix the cornflour with 2 tbsp water and add this to the sweet and sour mix once it has boiled. Stir until the sauce thickens and take off the heat.
2. For the batter mix the besan flour with 1 cup water and add the garlic and a big pinch of salt and pepper. Mix until there are no lumps.
3. Fry the capsicum in a frying pan with a splash of oil for a few minutes and set aside.
4. Set a frying pan on the heat with some oil and then dip each piece of cauliflower in the batter and fry in the frying pan 1 to 2 minutes each side. When cooked, place them on a baking paper lined tray and pop in the oven on 80C° to keep warm.
5. Prepare the noodles as per packet instructions and place them on a platter.
6. While the noodles are cooking reheat the sweet and sour sauce
7. Top the noodles with the fried cauliflower and capsicum then pour on the sweet and sour sauce and sprinkle on the spring onions and sesame seeds.



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