



# SPICY KOREAN CAULIFLOWER TACOS

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 790/SERVING



Roasted cauliflower gets drenched in a Korean-style tangy, spicy gochujang maple glaze, then wrapped in soft flour tortillas with crisp lettuce and a creamy yogurt sauce to counteract the heat. Served with sesame seeds, green onions, lime wedges, and sweet potato fries on the side.

## WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mat (optional)
- Oil
- Salt
- Pepper



WHAT'S INSIDE	2 servings	4 servings
Cauliflower	1/2 head	1 head
Sweet potato	1-2	2-4
Romaine heart	1	1
Lime	1	1
Gochujang glaze	1/2 cup	1 cup
Tortillas	6	12
Vegan yogurt	1/4 cup	1/2 cup
Green onion	1	2
Sesame seeds	1/2 tbsp	1 tbsp

## Nutrition Facts Valeur nutritive

Per Serving (775 g)	
pour 1 (775 g)	
<b>Calories 790</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 31 g	41 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 115 g	
Fibre / Fibres 18 g	64 %
Sugars / Sucres 32 g	32 %
<b>Protein / Protéines</b> 20 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 2080 mg	90 %
Potassium 1600 mg	34 %
Calcium 450 mg	35 %
Iron / Fer 8 mg	44 %

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 400°F and prep your ingredients: cut the **cauliflower** into bite-sized pieces, slice the **sweet potatoes** into fries, roughly chop the **lettuce**, thinly slice the **green onion**, and cut the **lime** into wedges.



Toss the **sweet potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out evenly onto a baking sheet lined with a silicone baking mat or lightly greased and bake for 20-30 minutes, until evenly golden and tender.



Meanwhile, toss the **cauliflower** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out evenly onto another baking sheet lined with a silicone baking mat or lightly greased and bake for 20-25 minutes. Remove from the oven and toss in the **glaze**.



Put the **cauliflower** back into the oven for another 5-10 minutes until sticky and caramelized.



Mix the **yogurt** with the **juice of half the lime**. Fill the **tortillas** with the **lettuce** and **cauliflower** and top with the **sesame seeds**, **green onion**, **yogurt sauce** and **remaining lime wedges**.



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