



Roasted Chipotle Cauliflower Tacos

with Zesty Corn Salsa and Cheese

Rapid 20 Minutes • Mild Spice • 4 of your 5 a day

18



Cauliflower Florets



Red Onion



Lime



Medium Tomato



Sweetcorn



Chipotle Paste



Plain Taco Tortilla



Wild Rocket



Greek Style Salad Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Honey, Mayonnaise

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, fine grater, bowl and sieve.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Red Onion**	½	¾	1
Lime**	1	1½	2
Medium Tomato	1	1½	2
Sweetcorn	150g	225g	300g
Chipotle Paste	20g	30g	40g
Plain Taco Tortilla 13	6	9	12
Wild Rocket**	20g	30g	40g
Greek Style Salad Cheese** 7	50g	75g	100g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Salsa*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	533g	100g	578g	100g
Energy (kJ/kcal)	2811 /672	528 /126	3639 /870	630 /151
Fat (g)	26.4	5.0	42.7	7.4
Sat. Fat (g)	7.0	1.3	13.0	2.3
Carbohydrate (g)	88.3	16.6	89.7	15.5
Sugars (g)	25.8	4.9	26.1	4.5
Protein (g)	17.8	3.3	29.1	5.0
Salt (g)	2.35	0.44	4.93	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7. Halve any large **cauliflower florets**.
- Pop the **cauliflower** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins. Turn halfway through.



Add the Spice

- In another small bowl, combine the **chipotle paste** (add less if you'd prefer things milder) and the **honey** (see pantry for amount).
- When the **cauli** has 5 mins left to cook, pour over the **chipotle mixture** and toss to coat the **florets** evenly. Return to the oven for the remaining cook time.

CUSTOM RECIPE

If you've chosen to add **chorizo**, when the **cauli** has 5 mins left of cooking time, heat a large frying pan on medium-high heat. Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins. Top the **tacos** with the **chorizo** when serving.



Pickle the Onion

- While the **cauliflower** cooks, zest and halve the **lime**.
- Halve, peel and slice the **red onion** as thinly as you can (see ingredients for amount).
- Pop the **onion** into a small bowl and add **half the lime juice** and the **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to pickle.

TIP: Keep the other half of the onion for another recipe.



It's a Wrap

- When everything's nearly ready, pop the **tortillas** (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



Time to Salsa

- Meanwhile, cut the **tomato** into 1cm chunks.
- Drain the **sweetcorn** in a sieve.
- In a medium bowl, combine the **sweetcorn**, **tomato chunks**, **lime zest**, remaining **lime juice** and the **sugar for the salsa** (see pantry for amount). Season with **salt** and **pepper** and set aside.



Finish and Serve

- When everything's ready, put the **tortillas** onto your plates and spread a spoonful of the **mayo** (see pantry for amount) over each one.
- Divide the **rocket leaves** and **chipotle roasted cauliflower** between the **tortillas** and top with spoonfuls of the **zesty corn salsa**.
- Finish with the **pickled onions** and crumble the **Greek style salad cheese** over the top.

Enjoy!