










Sticky Sambal Cauliflower and Chickpea Salad with Creamy Gochujang Dressing and Croutons

18

Quick 15-20 Minutes • **Medium Spice** • 2 of your 5 a day



-  Cauliflower Florets
-  Chickpeas
-  Ciabatta
-  Baby Gem Lettuce
-  Sambal Paste
-  Sweet Chilli Sauce
-  Honey
-  Mayonnaise
-  Gochujang Paste
-  Cashew Nuts

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Fall in love with salads again with our Sticky Sambal Cauliflower and Chickpea Salad. Sambal contains herbs and spices such as red chillies, lemongrass and tamarind to give vibrant heat, whilst the creamy gochujang dressing gives a spicy-sweetness to the rest of your salad.



Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Sieve, baking tray, bowl and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Chickpeas	1 carton	1½ cartons	2 cartons
Ciabatta 13)	1	2	2
Baby Gem Lettuce**	1	2	2
Sambal Paste	15g	22g	30g
Sweet Chilli Sauce	32g	48g	64g
Honey	30g	45g	60g
Mayonnaise 8) 9)	64g	96g	128g
Gochujang Paste 11)	30g	50g	60g
Cashew Nuts 2)	25g	50g	50g
Pantry	2P	3P	4P
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	457g	100g
Energy (kJ/kcal)	2399 /573	525/125
Fat (g)	25.4	5.6
Sat. Fat (g)	3.4	0.7
Carbohydrate (g)	69.2	15.1
Sugars (g)	30.5	6.7
Protein (g)	17.5	3.8
Salt (g)	2.70	0.59

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

Allergens

2) Nuts **8**) Egg **9**) Mustard **11**) Soya **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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Get Roasting

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve any large **cauliflower florets**. Drain and rinse the **chickpeas** in a sieve.
- Pop the **cauliflower** and **chickpeas** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins.



Sticky Sauce Time

- When the **cauliflower** has 5 mins left, remove from the oven and drizzle over the **sticky sauce**.
- Toss to combine and return to the oven for the remaining time, 5 mins.



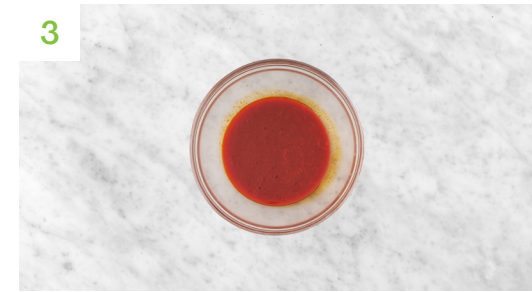
Bake the Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks.
- Pop the **ciabatta** onto another medium baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- Bake on the middle shelf until golden, 8-10 mins.
- When ready, remove from the oven and set aside.



All Together Now

- Meanwhile, crush the **cashews** in the unopened sachet using a rolling pin.
- When everything's ready, add the **baby gem**, **croutons**, **roasted cauliflower** and **chickpeas** to the **dressing** bowl. Toss to coat.



Finish the Prep

- While everything's in the oven, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.
- In a small bowl, combine the **sambal**, **sweet chilli sauce** and **half** the **honey**. This is your **sticky sauce** - set aside. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- In a large bowl, combine the **mayonnaise**, **gochujang** (add less if you'd prefer things milder), **olive oil** (see pantry for amount) and remaining **honey**. Season with **salt** and **pepper**. Set your **dressing** aside.



Serve Up

- Share the **salad** between your serving bowls.
- Sprinkle over the **cashews** to finish.

Enjoy!

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