



BUFFALO CAULIFLOWER

with Charred Corn, Avocado and Tomato Salsa



HELLO TOMATOES

There are more than 7500 tomato varieties grown around the world!



Cauliflower



Mayonnaise



Tomato Purée



Smoked Paprika



Panko Breadcrumbs



Basmati Rice



Ground Cumin



Sweetcorn



Cherry Plum Tomatoes



Avocado



Garlic Clove



Coriander



Lime



Chipotle Paste

MEAL BAG

35 mins

2 of your 5 a day

Very hot

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Mixing Bowl**, **Baking Tray**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Sieve**, **Frying Pan** and **Fine Grater**. Now, let's get cooking!



1 PREP TIME!

Preheat your oven to 200°C. Fill and boil your kettle, we will use it for the rice later. Meanwhile, remove the outer leaves from the **cauliflower** and cut away the stem at the base. Quarter the **cauliflower** into four large wedges. In a large mixing bowl mix together the **mayo**, **tomato purée**, **smoked paprika** and a pinch of **salt** and **pepper**.



2 ROAST THE CAULIFLOWER

Add the **cauliflower wedges** to the **spiced mayo** and use your hands to make sure they are well covered. Tip the **breadcrumbs** onto the **wedges** and toss to coat evenly. Transfer the **cauliflower** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast on the middle shelf of your oven until golden brown and crispy, 20-25 mins. ★ **TIP:** The cauliflower is cooked when you can easily slip a knife through.



4 CHAR THE CORN

Meanwhile, drain the **sweetcorn** in a sieve. Heat a frying pan over high heat (no oil!). When hot, add the **corn** and fry, turning occasionally, until black spots start to appear, 3-5 minutes. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into wedges. Once the **corn** has charred, stir in the **garlic** and cook for 1 minute more. Remove from the heat.



5 ASSEMBLE THE SALSA

Halve the **tomatoes**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides and into squares. In a large bowl, combine the **corn**, **tomatoes**, **avocado**, **coriander**, **lime zest**, a squeeze of **lime juice** (to taste), a good glug of **olive oil** and a pinch of **salt** and **pepper**.



3 COOK THE RICE

Pour the boiling **water** (see ingredients for amount) into a large saucepan and bring back to the boil over high heat. Once boiling, stir in the **rice** and **ground cumin** and season with **salt** and **pepper**. Lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. ★ **TIP:** The rice will finish cooking in its own steam.



6 TO FINISH

Make the chipotle drizzle by mixing together the **chipotle paste**, **olive oil** (see ingredients for amount) and a squeeze of **lime juice**. Season with **salt** and **pepper**. Fluff up the **rice** with a fork. Divide the **rice**, **salsa** and **cauliflower** between your plates. Serve with a little **chipotle drizzle** (to your taste, it's hot!) and any remaining wedges of **lime**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cauliflower	1	1½	2
Mayonnaise ⁸⁾ ⁹⁾	2 sachets	3 sachets	4 sachets
Tomato Purée	½ sachet	¾ sachet	1 sachet
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Panko Breadcrumbs ¹³⁾	30g	50g	60g
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Ground Cumin	1 small pot	¾ large pot	1 large pot
Sweetcorn	½ tin	¾ tin	1 tin
Cherry Plum Tomatoes	½ punnet	¾ punnet	1 punnet
Avocado	1	2	2
Garlic Clove	1	2	2
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	2	2
Chipotle Paste	½ sachet	¾ sachet	1 sachet
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 681G	PER 100G
Energy (kcal)	961	141
(kJ)	4021	591
Fat (g)	55	8
Sat. Fat (g)	8	1
Carbohydrate (g)	94	14
Sugars (g)	16	2
Protein (g)	19	3
Salt (g)	0.95	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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