



Crisp Cauliflower Nuggets

with a Spicy Bean Stew and Soured Cream

N° 5

CLASSIC 40 Minutes • Medium Heat • 2 of your 5 a day • Veggie



Cauliflower Florets



Mayonnaise



Panko Breadcrumbs



Central American Style Spice Mix



Cannellini Beans



Courgette



Garlic Clove



Red Chilli



Coriander



Finely Chopped Tomatoes with Onion and Garlic



Soured Cream

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Mixing Bowl, Baking Tray, Sieve, Fine Grater (or Garlic Press), Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Mayonnaise 8) 9 **	2 sachets	3 sachets	4 sachets
Panko Breadcrumbs 13)	50g	75g	100g
Central American Style Spice Mix	1 pot	1½ pots	2 pots
Cannellini Beans	1 carton	1½ cartons	2 cartons
Courgette**	1	1½	2
Garlic Clove**	1	2	2
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water*	75ml	100ml	150ml
Soured Cream 7)**	75g	100g	150g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	689g	100g
Energy (kJ/kcal)	2548 /609	370 /88
Fat (g)	31	4
Sat. Fat (g)	7	1
Carbohydrate (g)	57	8
Sugars (g)	22	3
Protein (g)	18	3
Salt (g)	3.60	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Gluten

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

Contact

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1. Coat The Cauliflower

Preheat your oven to 200°C. Pop the **cauliflower florets** into a mixing bowl. Season with **salt** and **pepper** and stir in the **mayonnaise**. Make sure the **florets** are well coated. In another small bowl, mix the **panko breadcrumbs** with **half** the **Central American spice mix**. Season the **crumbs** with **salt** and stir in a glug of **oil**. Tip the crumbs onto the **florets** and toss to coat evenly.



2. Roast The Florets

Carefully transfer the **florets** to a lined baking tray and roast on the top shelf of your oven until golden and crispy, 20-25 mins. Discard any crumbs that are left in the bowl.



3. Prep The Veggies

Drain and rinse the **cannellini beans** in a sieve. Transfer a third to a bowl and crush with a fork (we will use these later to thicken the bean stew). Trim the **courgette**, quarter lengthways, then chop widthways into small chunks. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all).



4. Start The Stew

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **courgette** and cook, stirring for 3 mins. Stir in the **garlic** and remaining **spice mix**, cook for 1 minute more, then add the **finely chopped tomatoes** and **water** (see ingredients for amount). Bring to a simmer, then leave to bubble away for 5 mins. After 5 mins, add the whole and **crushed beans** to the **stew**. Cook until the **stew** is nice and thick, 5-6 mins more.



5. Finish Off

Do any washing up now while everything is cooking. When the **cauliflower** is ready, remove from the oven. Stir **half** the **coriander** into the stew, then remove from the heat. Season the **stew** with **salt** and as much **red chilli** as you like!



6. Serve

Spoon the **spicy bean stew** into bowls and add a dollop of **soured cream**. Carefully arrange the **cauliflower nuggets** on top and finish with a sprinkling of remaining **coriander**.

Enjoy!