



# Crisp Cauliflower Nuggets

with a Spicy Bean Stew and Soured Cream

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

N° 5



Cauliflower



Mayonnaise



Panko Breadcrumbs



Central American  
Style Spice Mix



Cannellini Beans



Courgette



Garlic Clove



Red Chilli



Coriander



Finely Chopped  
Tomatoes



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) and Saucepan.

### Ingredients

	2P	3P	4P
Cauliflower**	1	1	2
Mayonnaise <b>8</b> ) <b>9</b> )	2 sachets	3 sachets	4 sachets
Panko Breadcrumbs <b>13</b> )	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 clove	2 cloves	2 cloves
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	75ml	100ml	150ml
Soured Cream <b>7</b> )**	75g	100g	150g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	814g	100g
Energy (kJ/kcal)	2726 /652	335 /80
Fat (g)	31	4
Sat. Fat (g)	6	1
Carbohydrate (g)	61	8
Sugars (g)	26	3
Protein (g)	21	3
Salt (g)	3.58	0.44

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Coat the Cauliflower

Preheat your oven to 200°C. Separate the **cauliflower** into florets (little trees!). 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.



## 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.



## 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.



## 5. Finish Off

Do any washing up now whilst 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!



## 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).



## 6. Serve

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

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.