



Crisp Cauliflower Nuggets with a Spicy Bean Stew and Soured Cream

Classic 40 Minutes • Medium Spice • 2 of your 5 a day • Veggie

21



Cauliflower Florets



Mayonnaise



Panko Breadcrumbs



Central American Style Spice Mix



Cannellini Beans



Courgette



Garlic Clove



Red Chili



Coriander



Finely Chopped Tomatoes with Onion and Garlic



Soured Cream



Halloumi



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Happy cooking!

Before you start

Cooking tools, you will need:

Mixing Bowl, Small Bowl, Baking Tray, Baking Paper, Sieve, Fork, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
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 clove	2 cloves	2 cloves
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
 Halloumi 7 **	1 block	2 blocks	2 blocks
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 ingredient	691g	100g
Energy (kJ/kcal)	2075 /496	300 /72
Fat (g)	17	2
Sat. Fat (g)	6	1
Carbohydrate (g)	58	8
Sugars (g)	23	3
Protein (g)	18	3
Salt (g)	3.82	0.55

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	816g	100g
Energy (kJ/kcal)	3749 /896	460 /110
Fat (g)	48	6
Sat. Fat (g)	24	3
Carbohydrate (g)	61	7
Sugars (g)	26	3
Protein (g)	46	6
Salt (g)	6.57	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).


Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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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 style 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).



CUSTOM RECIPE

If you've added **halloumi** to your meal, slice the **halloumi** into 3 slices per person at the end of the step above. Then follow the rest of the step and recipe.



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.



CUSTOM RECIPE

If you've added **halloumi** to your meal. Follow the recipe step above. Once the **cauliflower** has 6 mins left to cook, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, lay in the **halloumi** and fry until golden, 2-3 mins each side. Follow the rest of the recipe as instructed.



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!



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 the remaining **coriander**.

Enjoy!



CUSTOM RECIPE

If you've added **halloumi** to your meal, serve on top of the **stew** with the **cauliflower**.