



Crispy Cauliflower Nuggets

with Spicy Bean Stew and Soured Cream

Customer Favourites 40 Minutes • Medium Spice • 3 of your 5 a day

38



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 and veggies need a little wash before you use them!

Cooking tools, you will need:

Bowl, Baking Tray, Sieve, Bowl, Garlic Press and Saucepan.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Mayonnaise 8)	2 sachets	3 sachets	4 sachets
Panko Breadcrumbs 13)	50g	75g	100g
Central American Style Spice Mix	2 sachets	3 sachets	4 sachets
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	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	688g	100g
Energy (kJ/kcal)	2045 / 489	297 / 71
Fat (g)	18	3
Sat. Fat (g)	6	1
Carbohydrate (g)	55	8
Sugars (g)	22	3
Protein (g)	18	3
Salt (g)	3.84	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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.

Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



1



Coat the Cauliflower

Preheat your oven to 200°C. Halve any large **cauliflower florets**. Pop the **florets** into a mixing bowl and season with **salt** and **pepper**. Add the **mayonnaise** and toss to coat the **florets**. In another small bowl, mix the **breadcrumbs** with **half** the **Central American style spice mix**. Season the **crumbs** with **salt** and stir in a glug of **oil**. Add the **crumbs** to the **florets** and toss to coat evenly.

2



Roast the Florets

Pop the **coated florets** onto a lined baking tray and spread them out in a single layer. When the oven is hot, roast on the top shelf until golden and crispy, 20-25 mins. Discard any leftover **crumbs** in the bowl.

3



Prep the Veggies

Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces. 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 drizzle 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 **Central American style spice mix** and cook for 1 min more. Add the **finely chopped tomatoes** and **water** (see ingredients for amount). Bring to a simmer, then leave to bubble away for 5 mins.

5



Finish Off

Meanwhile, drain and rinse the **cannellini beans** in a sieve. Transfer a **third** to a bowl and crush with a fork. After 5 mins, add the whole and crushed **beans** to the **stew**. Cook until the **stew** is thick, 5-6 mins. Stir **half** the **coriander** into the **stew**, then remove from the heat. Season with **salt** and as much **red chilli** as you like.

6



Serve

When the **nuggets** are crisp, remove from the oven. 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!

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.