



Crispy Cauliflower Nuggets with Spicy Bean Stew and Creme Fraiche

23

Calorie Smart 35-40 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories • Veggie



Cauliflower Florets



Mayonnaise



Panko Breadcrumbs



Central American Style Spice Mix



Courgette



Garlic Clove



Red Chilli



Coriander



Finely Chopped Tomatoes with Onion and Garlic



Butter Beans



Creme Fraiche

Pantry Items
Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Mixing bowl, baking paper, baking tray, garlic press, saucepan and sieve.

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	2 sachets	2 sachets	4 sachets
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
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 for the Stew*	75ml	100ml	150ml
Butter Beans	1 carton	2 cartons	2 cartons
Crema Fraiche** 7	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	690g	100g
Energy (kJ/kcal)	2374 /567	344 /82
Fat (g)	28	4
Sat. Fat (g)	9	1
Carbohydrate (g)	56	8
Sugars (g)	18	3
Protein (g)	17	2
Salt (g)	3.42	0.50

*Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.*

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Coat the Cauliflower

Preheat your oven to 200°C. Halve any large **cauliflower florets**, then pop 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 with **salt** and stir in the **oil for the breadcrumbs** (see ingredients for amount). Add the **crumbs** to the **florets** and toss to coat evenly.



Simmer the Spicy Stew

Heat a drizzle of **oil** in a large saucepan on 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 **chopped tomatoes** and **water for the stew** (see ingredients for amount). Bring to a simmer, then bubble away for 5 mins.



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.



Finish Up

Meanwhile, drain and rinse the **butter 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 thickened, 5-6 mins, then stir in **half** the **coriander** and remove from the heat. Season with **salt** and as much **red chilli** as you like (add less if you don't like heat).



Prep the Veg

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).



Serve

When the **nuggets** are crispy, remove from the oven. Spoon the **spicy bean stew** into bowls, then top with the **cauliflower nuggets** and a dollop of **crema fraiche**. Finish with a sprinkling of the remaining **coriander**.

Enjoy!