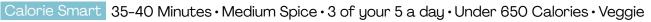


Crispy Cauliflower Nuggets

with Spicy Bean Stew and Creme Fraiche









Cauliflower



Florets



Panko



Mayonnaise

Central American

Style Spice Mix





Breadcrumbs





Courgette



Red Chilli





Coriander



Finely Chopped Tomatoes with Onion and Garlic



Butter Beans



Creme Fraiche

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	11/2	2	
Garlic Clove**	1	2	2	
Red Chilli**	1/2	3/4	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	
Creme 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.



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.



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).



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.



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).



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 creme fraiche. Finish with a sprinkling of the remaining coriander.

Enjoy!







