



Crispy Cauliflower Nuggets with Spicy Bean Stew and Soured Cream

39

Customer Favourites 35-40 Minutes • Medium Spice • 4 of your 5 a day • Veggie



Cauliflower



Mayonnaise



Panko
Breadcrumbs



Central American
Style Spice Mix



Courgette



Garlic Clove



Red Chilli



Finely Chopped
Tomatoes with
Onion and Garlic



Vegetable Stock
Paste



Butter Beans



Soured Cream

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Cauliflower**	½	¾	1
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
Courgette**	1	1½	2
Garlic Clove**	1	2	2
Red Chilli**	½	¾	1
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Butter Beans	1 carton	1½ cartons	2 cartons
Soured Cream** 7	75g	120g	150g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbspc	1½ tbspc	2 tbspc
Water for the Sauce*	75ml	100ml	150ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	680g 2216 /530	100g 326 /78
Fat (g)	23.7	3.5
Sat. Fat (g)	6.1	0.9
Carbohydrate (g)	57.4	8.5
Sugars (g)	19.9	2.9
Protein (g)	17.3	2.6
Salt (g)	4.42	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **10)** Celery **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.

Contact

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Coat the Cauliflower

Preheat your oven to 220°C/200°C fan/gas mark 7.
Cut the **cauliflower** (see ingredients for amount) into florets (like small trees). Halve any large florets, then pop them into a mixing bowl and season with **salt** and **pepper**. Add the **mayonnaise** and toss to coat.

In another small bowl, mix the **breadcrumbs** with **half** the **Central American style spice mix**. Season with **salt** and stir in the **olive oil for the crumb** (see ingredients for amount). Add the **spicy crumbs** to the **florets** and toss to coat evenly.



Simmer your Spicy Stew

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, 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, vegetable stock paste, water** and **sugar for the sauce** (see ingredients for both amounts). Bring to a simmer, then lower the heat and simmer until thickened, 5-6 mins.



Roast the Nuggets

Pop the **crumbed florets** onto a lined baking tray and spread them out in a single layer. Discard any leftover **crumbs** in the bowl.

When the oven is hot, roast on the top shelf until golden and crispy, 20-25 mins.



Add the Beans

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.

Season with **salt, pepper** and as much **red chilli** as you'd like (add less if you don't like heat), then remove from the heat.



Prep Time

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.



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 **soured cream**.

Enjoy!