



Crispy Cauliflower Nuggets with Spicy Bean Stew and Soured Cream

Classic 35-40 Minutes • Medium Spice • 3 of your 5 a day

19



Cauliflower



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



Diced Chorizo

Pantry Items
Olive Oil

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

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

Cooking tools

Bowl, baking tray, baking paper, garlic press, saucepan and sieve.

Ingredients

	2P	3P	4P
Cauliflower**	1	1	2
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
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 for the Sauce*	75ml	100ml	150ml
Soured Cream** 7)	75g	120g	150g
Chorizo**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	815g	100g
Energy (kJ/kcal)	2314 /553	284 /68
Fat (g)	24.0	2.9
Sat. Fat (g)	6.4	0.8
Carbohydrate (g)	58.2	7.1
Sugars (g)	21.6	2.7
Protein (g)	19.2	2.4
Salt (g)	3.51	0.43
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	844.9g	100g
Energy (kJ/kcal)	2792 /667	330 /79
Fat (g)	33.3	3.9
Sat. Fat (g)	9.7	1.2
Carbohydrate (g)	58.3	6.9
Sugars (g)	21.8	2.6
Protein (g)	26.7	3.2
Salt (g)	4.97	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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Coat the Cauliflower

Preheat your oven to 220°C/200°C fan/gas mark 7.

Cut the **cauliflower** into florets (like small trees), halving any large ones. 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 **oil for the breadcrumbs** (see ingredients for amount).

Add the **spicy crumbs** to the **florets** and toss to coat evenly.



Roast the Florets

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. Turn halfway through.



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.

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** and **water for the sauce** (see ingredients for amount). Bring to a simmer, then bubble away for 5 mins.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add to the frying pan at the same time as the **courgette**, then continue as instructed.



Add the Beans

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 thickened, 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'd 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 **soured cream**.

Finish with a sprinkling of the remaining **coriander**.

Enjoy!