



# JERK CAULI NUGGETS

with Protein Loaded Bean Stew



BALANCED RECIPE



## HELLO CAULIFLOWER

*Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.*



Mayonnaise



Cauliflower Florets



Panko Breadcrumbs



Caribbean Jerk Spice



Onion



Ginger



Red Pepper



Rosemary



Red Chilli



Black Beans



Smoked Paprika



Diced Tomatoes



Coriander



Baby Spinach

MEAL BAG

35 mins

4 of your 5 a day

Medium heat

Balanced

Under 550 calories

Low in sat fat

Packed with Vitamin C and containing nearly zero grams of fat, sodium or sugar, cauliflower is the hero ingredient in this delicious recipe. Cauliflower ‘nuggets’ are coated with mayonnaise, jerk seasoning and panko breadcrumbs and baked in the oven until golden and crispy. Served with a smokey black bean and spinach stew and finished off with a sprinkling of fresh coriander, it’s a great dish to enjoy for a wholesome mid-week dinner.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, a **Baking Tray**, **Fine Grater**, **Sieve** and **Frying Pan**. Now, let's get cooking!



### 1 NUGGET TIME

Preheat your oven to 200°C. Pop the **mayonnaise** in a mixing bowl along with a pinch of **salt** and **pepper** and add the **cauliflower florets**. Use your hands to coat the **florets** lightly in the **mayonnaise**. In another mixing bowl, combine the **panko breadcrumbs** and **Caribbean jerk spice**. Lightly **oil** a baking tray, we will use it for the **cauliflower**.



### 2 COAT AND ROAST

Working in batches, drop a few pieces of **cauliflower** into the **breadcrumbs** and toss to coat. Transfer to your the baking tray and repeat with the remaining **florets**. Roast the **jerk cauliflower nuggets** on the top shelf of your oven until golden and crispy on the outside and soft inside, 18-20 mins. Turn halfway through cooking.



### 3 DO THE PREP

Halve, peel and chop the **onion** into small pieces. Peel and grate the **ginger**. Halve the **red pepper** and discard the core and seeds. Chop into small pieces. Pick the **rosemary leaves** from their stalks (discard the stalks). Halve the **chilli** lengthways, deseed and finely chop. Drain and rinse the **black beans** in a sieve.



### 4 START THE STEW

Heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **onion** and cook, stirring, until soft, 2-3 mins. Add the **ginger**, **pepper**, **smoked paprika**, **rosemary** and a pinch of **chilli** and cook, stirring, for another 2 mins. Stir in the **diced tomatoes** and **black beans**. Bring to the boil, reduce the heat then simmer until thick and **tomatoey**, 4-5 mins.



### 5 FINISH THE STEW

Meanwhile, roughly chop the **coriander** (stalks and all). Stir the **spinach** a handful at a time into the **stew** to wilt it.



### 6 SERVE

Stir **half** the **coriander** through the **stew** then divide between your bowls. Top with the crunchy **jerk cauli nuggets** and finish with a sprinkling of the remaining **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Mayonnaise 8) 9) *	1 sachet	1½ sachets	2 sachets
Cauliflower Florets *	1 small pack	1 medium pack	1 large pack
Panko Breadcrumbs 13)	30g	45g	60g
Caribbean Jerk Spice	1 pot	1½ pots	2 pots
Onion *	1	2	2
Ginger *	1 piece	1½ pieces	2 pieces
Red Pepper *	1	2	2
Rosemary *	2 sprigs	3 sprigs	4 sprigs
Red Chilli *	½	½	½
Black Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Diced Tomatoes	1 tin	1½ tins	2 tins
Coriander *	1 bunch	1 bunch	1 bunch
Baby Spinach *	1 small bag	1 small bag	1 large bag

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 740G	PER 100G
Energy (kJ/kcal)	1893 / 453	256 / 61
Fat (g)	17	2
Sat. Fat (g)	2	1
Carbohydrate (g)	48	6
Sugars (g)	21	3
Protein (g)	20	3
Salt (g)	3.65	0.49

Allergens for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

8) Egg 9) Mustard 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### 👍 THUMBS UP OR THUMBS DOWN?

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