



American Cauliflower & Chipotle Tacos

with Aioli & Charred Corn Slaw

Grab your Meal Kit with this symbol



Cauliflower



All-American Spice Blend



Sweetcorn



Spring Onion



Lemon



Slaw Mix



Garlic Aioli



Mini Flour Tortillas



Mild Chipotle Sauce

Hands-on: 10-20 mins
Ready in: 30-40 mins

Spiced cauliflower provides a super satisfying filling for these tacos. We're roasting these spiced nuggets of cauliflower for a golden, flavoursome coating that you're going to love. Simply dollop with a chipotle sauce and cooling slaw, then get to munching!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
All-American spice blend	1 sachet	2 sachets
sweetcorn	1 tin	2 tins
spring onion	1 bunch	1 bunch
lemon	½	1
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
salt*	¼ tsp	½ tsp
mini flour tortillas	8	16
mild chipotle sauce	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3290kJ (787Cal)	493kJ (118Cal)
Protein (g)	23.1g	3.5g
Fat, total (g)	27.9g	4.2g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	100g	15.0g
- sugars (g)	22.6g	3.4g
Sodium (g)	1890mg	283mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower**, **All-American spice blend**, a **pinch** of **salt** and **pepper** and a **generous drizzle** of **olive oil** on an oven tray lined with baking paper. Toss to coat. Roast until tender and golden, **15-20 minutes**.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time!



2. Get prepped

While the cauliflower is roasting, drain the **sweetcorn**. Thinly slice the **spring onion**. Slice the **lemon** (see ingredients list) into wedges.



3. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until charred, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



4. Make the slaw

In a medium bowl, combine the **slaw mix**, charred **corn**, **garlic aioli**, the **salt**, a **squeeze** of **lemon juice** and a **drizzle** of **olive oil**. Season with **pepper** and mix well.



5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



6. Serve up

Bring everything to the table to serve. Build your tacos by topping a tortilla with a helping of the slaw and roasted cauliflower. Drizzle over the **mild chipotle sauce** and squeeze over some lemon juice. Garnish with the spring onion.

Enjoy!