



BANG BANG CAULIFLOWER

with Stir-Fry Veggies & Garlic Rice



Learn how to
crumb cauliflower!



Cauliflower



Mayonnaise



Sweet Chilli
Sauce



Panko Breadcrumbs



Garlic



Jasmine Rice



Asian Greens



Carrot



Spring Onion



Chilli Flakes
(Optional)

Hands-on: **30 mins**
Ready in: **35 mins**
Spicy (optional
chilli flakes)

If you're a fan of the traditional Chinese street food, Bang Bang chicken, but you've been looking for a veggie version, you're in luck! We've given it a remix using crumbed and baked cauliflower instead of chicken, plus an easy take on the signature sauce to create a dish that has all the flavour and "Bang!" of the original.

Pantry Staples: Olive Oil, Butter, Rice Wine
Vinegar, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** with lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



1 ROAST THE CAULIFLOWER
 Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. In a medium bowl, combine **1/2** the **mayonnaise** and **1/2** the **sweet chilli sauce**. On a plate, combine the **panko breadcrumbs**, the **salt (for the crumb)** and a **good drizzle of olive oil**. Toss the **cauliflower** in the sweet chilli mayo until well coated. Place a handful of cauliflower on the breadcrumbs. Sprinkle the breadcrumbs over the cauliflower, then transfer to an oven tray lined with baking paper. Repeat with the **remaining cauliflower**. Spread out in a single layer, well spaced out, and roast until tender, **25-30 minutes**.



2 COOK THE GARLIC RICE
 While the cauliflower is roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and **salt (for the rice)** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



3 GET PREPPED
 While the garlic rice is cooking, roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **spring onion**, keeping the white and green parts separate.



4 MAKE THE BANG BANG SAUCE
 In a small bowl, combine the **rice wine vinegar**, a **good pinch** of **chilli flakes** (if using) and the **remaining mayonnaise** and **sweet chilli sauce**. **TIP:** *Use as much or as little chilli flakes as you like!*



5 COOK THE VEGGIES
 When the rice has **5 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **carrot** and cook, tossing, until tender, **3-4 minutes**. Add the **Asian greens**, white parts of the **spring onion** and **soy sauce** and cook, tossing, until wilted, **1-2 minutes**.



6 SERVE UP
 Divide the garlic rice between bowls and top with the crumbed cauliflower and veggies. Drizzle with the bang bang sauce and sprinkle with the green parts of the spring onion.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
mayonnaise	1 tub (100g)	2 tubs (200g)
sweet chilli sauce	1 tub (100g)	2 tubs (200g)
panko breadcrumbs	1 packet	2 packets
salt* (for the crumb)	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt* (for the rice)	¼ tsp	½ tsp
Asian greens	1 bunch (medium)	1 bunch (large)
carrot	1	2
spring onion	1 bunch	1 bunch
rice wine vinegar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
soy sauce*	2 tsp	4 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3610kJ (862Cal)	654kJ (156Cal)
Protein (g)	15.3g	2.8g
Fat, total (g)	36.0g	6.5g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	114g	20.7g
- sugars (g)	31.3g	5.7g
Sodium (g)	1680mg	305mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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