



Bang Bang Cauliflower

with Veggie Stir-Fry & Garlic Rice

Grab your Meal Kit
with this symbol



Cauliflower



Mayonnaise



Sweet Chilli
Sauce



Panko
Breadcrumbs



Garlic



Jasmine Rice



Baby Spinach
Leaves



Carrot



Spring Onion



Cucumber



Chilli Flakes
(Optional)

- Hands-on: 30-40 mins
- Ready in: 35-45 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 items

Olive Oil, Butter, Rice Wine Vinegar,
Soy Sauce

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.

You will need

Oven tray with lined with baking paper · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
mayonnaise	1 packet (100g)	2 packets (200g)
sweet chilli sauce	1 packet (100g)	2 packets (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*	1 ¼ cups	2 ½ cups
salt* (for the rice)	¼ tsp	½ tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
carrot	1	2
spring onion	2 stems	4 stems
cucumber	1	2
rice wine vinegar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
soy sauce*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3661kJ (875Cal)	570kJ (136Cal)
Protein (g)	12g	1.9g
Fat, total (g)	40.6g	6.3g
- saturated (g)	8.5g	1.3g
Carbohydrate (g)	111.8g	17.4g
- sugars (g)	31.5g	4.9g
Sodium (mg)	1675mg	261mg

Allergens

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

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



Bake the cauliflower

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. In a large 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 mayonnaise** until well coated. Take a handful of **cauliflower** and coat with the **panko breadcrumbs**. Transfer to an oven tray lined with baking paper. Repeat with the remaining cauliflower. Spread out in a single layer, then bake until tender, **25-30 minutes**.

TIP: Make sure the cauliflower is well spaced out on the tray to help it cook evenly!

TIP: If the cauliflower doesn't fit in a single layer, divide between two trays!



Cook the garlic rice

While the cauliflower is baking, finely chop the **garlic**. 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)**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, roughly chop the **baby spinach leaves**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **spring onion**, keeping the white and green parts separate. Thinly slice the **cucumber**.



Make the sauce

In a small bowl, combine the **rice wine vinegar**, a good pinch of **chilli flakes** (if using), the remaining **sweet chilli sauce** and the remaining **mayonnaise**.

TIP: Use as much or as little chilli flakes as you like!



Cook the veggies

When the rice has **5 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **carrot** and cook, tossing, until tender, **4-6 minutes**. Add the **baby spinach**, white parts of the **spring onion** and **soy sauce** and cook, tossing, until wilted, **1-2 minutes**.



Serve up

Divide the garlic rice between bowls and top with the crumbed cauliflower, stir-fried veggies and cucumber. Drizzle with the bang bang sauce and sprinkle with the green parts of the spring onion.

Enjoy!