

Bang Bang Cauliflower

with Stir-Fried Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Cauliflower



Mayonnaise



Sweet Chilli Sauce



Panko Breadcrumbs



Garlic



Jasmine Rice



Baby Corn Spears



Carrot



Spring Onion



Cucumber



Chilli Flakes (Optional)

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 30-40 mins
- Ready in: 35-45 mins
- Spicy (optional chilli flakes)

We've given the popular Chinese recipe a remix, using panko-crumbed and baked cauliflower instead of chicken. Top it off with a quick and creamy bang bang sauce for 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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
mayonnaise	1 packet (100g)	2 packets (200g)
sweet chilli sauce	2 packets (100g)	2 packets (200g)
panko breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby corn spears	½ tin	1 tin
carrot	1	2
spring onion	1 stem	2 stems
cucumber	1	2
rice wine vinegar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
soy sauce*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	570kJ (136Cal)
Protein (g)	16.4g	2.3g
Fat, total (g)	40.3g	5.7g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	126.9g	18g
- sugars (g)	40.2g	5.7g
Sodium (mg)	3118mg	442mg

The quantities provided above are averages only.

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.



Prep & bake the cauliflower

Preheat oven to **220°/200°C fan-forced**. Cut **cauliflower** into small florets. In a large bowl, combine 1/2 the **mayonnaise** and 1/2 the **sweet chilli sauce**. On a plate, combine **panko breadcrumbs**, the **salt** and a good drizzle of **olive oil**. Toss **cauliflower** in the **sweet chilli mayonnaise** until well coated. Take a handful of **cauliflower** and coat in **panko breadcrumbs**. Transfer to a lined oven tray. Repeat with remaining **cauliflower**. Spread out evenly, then bake until tender, **25-30 minutes**.

TIP: If the cauliflower doesn't fit in a single layer, spread it across two oven trays.



Make the bang bang sauce

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

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



Cook the garlic rice

While cauliflower is baking, finely chop **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and all water is absorbed, **10-15 minutes**.

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



Cook the veggies

When rice has **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Stir fry the **carrot** until softened, **3-4 minutes**. Add **baby corn** and cook until tender, **2-3 minutes**. Add the **soy sauce** and white parts of **spring onion** and cook, tossing, until wilted, **1 minute**.



Get prepped

While rice is cooking, drain the **baby corn spears**. Thinly slice **carrot** into half-moons. Thinly slice **spring onion**, keeping the white and green parts separate. Thinly slice **cucumber**.



Serve up

Divide garlic rice between bowls. Top with bang bang cauliflower, stir-fried veggies and cucumber. Drizzle with bang bang sauce and sprinkle with green spring onion to serve.

Enjoy!

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