



Crisp Cauliflower Nuggets with a Spicy Bean Stew and Soured Cream

Classic 40 Minutes • Medium Spice • 2 of your 5 a day • Veggie

20



-  Cauliflower Florets
-  Mayonnaise
-  Panko Breadcrumbs
-  Central American-Style Spice Mix
-  Cannellini Beans
-  Courgette
-  Garlic Clove
-  Red Chilli
-  Coriander
-  Finely Chopped Tomatoes with Onion and Garlic
-  Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Mixing Bowl, Small Bowl, Baking Tray, Sieve, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Panko Breadcrumbs 13	50g	75g	100g
Central American-Style Spice Mix	1 pot	1½ pots	2 pots
Cannellini Beans	1 carton	1½ cartons	2 cartons
Courgette**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water*	75ml	100ml	150ml
Soured Cream 7 **	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	2063 / 493	299 / 71
Fat (g)	18	3
Sat. Fat (g)	6	1
Carbohydrate (g)	58	8
Sugars (g)	22	3
Protein (g)	18	3
Salt (g)	4.02	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7 Milk **8** Egg **9** Mustard **13** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Coat the Cauliflower

Preheat your oven to 200°C. Pop the **cauliflower florets** into a mixing bowl. Season with **salt** and **pepper** and stir in the **mayonnaise**. Make sure the **florets** are well coated. In another small bowl, mix the **panko breadcrumbs** with **half** the **Central American-style spice mix**. Season the **crumbs** with **salt** and stir in a glug of **oil**. Tip the **crumbs** onto the **florets** and toss to coat evenly.



Roast the Florets

Carefully transfer the **florets** to a lined baking tray and roast on the top shelf of your oven until golden and crispy, 20-25 mins. Discard any crumbs that are left in the bowl.



Prep the Veggies

Drain and rinse the **cannellini beans** in a sieve. Transfer a third to a bowl and crush with a fork (we will use these later to thicken the bean stew). Trim the **courgette**, quarter lengthways, then chop widthways into small chunks. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all).



Start the Stew

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **courgette** and cook, stirring for 3 mins. Stir in the **garlic** and remaining **spice mix**, cook for 1 minute more, then add the **finely chopped tomatoes** and **water** (see ingredients for amount). Bring to a simmer, then leave to bubble away for 5 mins. After 5 mins, add the whole and **crushed beans** to the stew. Cook until the stew is nice and thick, 5-6 mins more.



Finish Off

Do any washing up now whilst everything is cooking. When the **cauliflower** is ready, remove from the oven. Stir **half** the **coriander** into the stew, then remove from the heat. Season with **salt** and as much **red chilli** as you like.



Serve

Spoon the **spicy bean stew** into bowls and add a dollop of **soured cream**. Carefully arrange the **cauliflower nuggets** on top and finish with a sprinkling of the remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.