



Honey-Chipotle Cauliflower & Spiced Fries

with Sour Cream & Chive Slaw



Potato



Cauliflower



All-American Spice Blend



Chives



Cucumber



Aussie Spice Blend



Mild Chipotle Sauce



Panko Breadcrumbs



Light Sour Cream



Slaw Mix

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

 Calorie Smart

We've swapped wings for cauliflower, and slathered the florets in a killer honey-chipotle sauce. Complete with mildly spiced fries and a creamy, tangy slaw, this is a dish even meat lovers will approve.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	2 sachets
cauliflower	1 large portion	2 large portions
honey*	1 tbs	2 tbs
mild chipotle sauce	1 packet	2 packets
all-American spice blend	1 sachet	2 sachets
panko breadcrumbs	1 medium packet	1 large packet
chives	1 bag	1 bag
light sour cream	1 medium packet	1 large packet
cucumber	1	2
slaw mix	1 small bag	1 large bag
white wine vinegar*	2 tsp	4 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (503Cal)	316kJ (75Cal)
Protein (g)	15.5g	2.3g
Fat, total (g)	13.9g	2.1g
- saturated (g)	5g	0.8g
Carbohydrate (g)	74.5g	11.2g
- sugars (g)	25.4g	3.8g
Sodium (mg)	1269mg	190mg

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.

1



Prep the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **Aussie spice blend** and season with **salt**. Toss to coat. Set aside.

TIP: If your oven tray is crowded, divide between two trays.

2



Prep the cauliflower

Cut the **cauliflower** into small florets. In a medium bowl, combine the **honey, mild chipotle sauce, all-American spice blend**, a pinch of **salt** and some **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). On a plate, combine the **panko breadcrumbs** and a good drizzle of **olive oil**. Toss the **cauliflower** in the **honey-chipotle mixture** until well coated. Press a handful of **cauliflower** into the **breadcrumbs**, turning to coat. Repeat with the remaining **cauliflower**.

3



Bake the fries & cauliflower

Spread the **crumbed cauliflower** over a second lined oven tray. Bake the **fries** and **cauliflower** until tender, **20-25 minutes**.

TIP: Spacing out the cauliflower helps it bake evenly!

4



Make the sour cream dressing

While the fries and cauliflower are baking, finely chop the **chives**. In a small bowl, combine the **light sour cream** and 1/2 the **chives**.

5



Make the slaw

Thinly slice the **cucumber**. In a large bowl, combine the **cucumber, slaw mix, white wine vinegar** and 1/2 the **sour cream dressing**. Toss to coat. Season to taste.

6



Serve up

Divide the honey-chipotle cauliflower, spiced fries and sour cream and chive slaw between plates. Sprinkle with the remaining chives. Serve with the remaining sour cream and chive dressing.

Enjoy!

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