



# LEBANESE MEZZE

with Fried Cauliflower & Beetroot Tzatziki



Add a colourful twist to tzatziki



Beetroot



Greek Yoghurt



Garlic



Cucumber



Pine Nuts



Cauliflower



Pita Pockets



Hummus

Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: 20 mins  
Ready in: 30 mins

Picking our favourite part of a mezze plate is like being asked to pick your favourite child – we just won't do it. Well, if we're really pushed we must admit this beetroot tzatziki is pretty special (just don't tell fried cauliflower over there).

# BEFORE YOU START

You will need: **chef's knife, chopping board, grater, two medium bowls, garlic crusher, teaspoon, medium frying pan, tongs, paper towel** and **oven tray**. Let's start cooking the **Lebanese Mezze with Fried Cauliflower & Beetroot Tzatziki**



## 1 PREP THE BEETROOT TZATZIKI

Preheat the oven to **180°C/160°C fan-forced**. **+** Pop on some gloves (optional, to prevent purple fingers!) and finely grate the **beetroot** (unpeeled). Squeeze out excess moisture from the beetroot and combine with the **Greek yoghurt** in a medium bowl. If it's too thick for your liking, add **1/2 of the olive oil (for tzatziki and salad)** to loosen. Peel and crush the **garlic**, add to the bowl, season to taste with **salt and pepper**, and mix well.

Discover the versatility of beetroot with this quick and easy to prepare tzatziki, made with just 7 ingredients!



## 2 MAKE THE CUCUMBER SALAD

Slice the **cucumber** in half lengthways and scrape out the core using a teaspoon. Roughly chop the core and stir through the beetroot tzatziki. Slice the cucumber into 0.5cm thick pieces, add to a second medium bowl and drizzle with the **balsamic vinegar** and the **remaining olive oil (for tzatziki and salad)**.



## 3 TOAST THE PINE NUTS

Heat a medium dry frying pan over a medium-high heat. Add the **pine nuts** and toast for **3-4 minutes**, or until golden. Remove from the pan and set aside.



## 4 PAN-FRY THE CAULIFLOWER

Break or cut the **cauliflower** into small florets. Heat the **olive oil (for cauliflower)** in the same medium frying pan over a medium-high heat. Add the cauliflower and cook, turning occasionally, for **8-10 minutes**, or until golden. Drain on paper towel and season with **salt and pepper**.



## 5 WARM THE PITA POCKETS

Meanwhile, place the **pita pockets** on an oven tray and bake for **3 minutes** to warm through. Cut into wedges.



## 6 SERVE UP

Divide the beetroot tzatziki, **hummus**, cucumber salad, fried cauliflower and pita wedges between plates. Sprinkle over the toasted pine nuts.

Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
beetroot	1	2
Greek yoghurt	1 tub (100g)	2 tubs (200g)
olive oil* (for tzatziki and salad)	1 tbs	2 tbs
garlic	½ clove	1 clove
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
cauliflower	1 portion	2 portions
olive oil* (for cauliflower)	¼ cup	½ cup
pita pockets	4	8
hummus	1 tub (100g)	2 tubs (200g)

\*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	630kJ (150Cal)
Protein (g)	16.8g	3.2g
Fat, total (g)	54.9g	10.6g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	16.1g	3.1g
Sodium (g)	362mg	70mg

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