



American Honey & Chipotle Roasted Cauliflower

with Spiced Fries & Creamy Chive Slaw

Grab your Meal Kit with this symbol



Potato



Cauliflower



All-American Spice Blend



Chives



Radish



Aussie Spice Blend



Mild Chipotle Sauce



Panko Breadcrumbs



Sour Cream



Slaw Mix

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

For a vegetarian meal that brings together nostalgia and nutrition, try these golden nuggets of roasted cauliflower alongside fries and a creamy chive slaw. The cauliflower wields a clever technique of using chipotle sauce and honey to keep the crisp, lightly spiced panko crumb attached – making for moreish bites that will become your new obsession!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
cauliflower	1 portion (400g)	2 portions (800g)
honey*	1 tbs	2 tbs
mild chipotle sauce	1 packet (40g)	2 packets (80g)
All-American spice blend	1 sachet	1 sachet
panko breadcrumbs	1 packet	1 packet
chives	1 bunch	2 bunches
sour cream	1 medium packet	1 large packet
radish	2	4
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	½ tbs	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2322kJ (554Cal)	359kJ (85Cal)
Protein (g)	16.2g	2.5g
Fat, total (g)	21.7g	3.4g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	76.2g	11.8g
- sugars (g)	25.7g	4g
Sodium (mg)	1668mg	258mg

Allergens

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

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



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Sprinkle over the **Aussie spice blend**, season with **salt** and drizzle with **olive oil**. Toss to coat. Bake fries until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Prep the chive sour cream

While the cauliflower is roasting, finely chop the **chives**. In a small bowl, combine the **sour cream** and 1/2 the **chives**.



Prep the cauliflower

Cut the **cauliflower** into small florets. In a medium bowl, combine the **honey, mild chipotle sauce, All-American spice blend** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people), then season with **salt**. In a shallow bowl, combine the **panko breadcrumbs** and a good drizzle of **olive oil**. Toss the **cauliflower** in the **chipotle mixture** until well coated, then press a handful of **cauliflower** into the **panko breadcrumbs**. Turn the cauliflower and press the other side into the panko until coated all over. Transfer to a plate. Repeat with the remaining **cauliflower**.



Make the creamy chive slaw

Thinly slice the **radish**. In a large bowl, combine the **radish, slaw mix**, the **white wine vinegar** and 1/2 the **chive sour cream**. Season with **salt** and **pepper** and toss to combine.



Roast the cauliflower

Spread the crumbed **cauliflower** over a second oven tray lined with baking paper and roast until tender, **20-25 minutes**.

TIP: Ensure the cauliflower is spaced out on the tray to help it cook evenly!



Serve up

Divide the American honey and chipotle roasted cauliflower, spiced fries and creamy chive slaw between plates. Serve with the remaining chive sour cream. Garnish with the remaining chives.

Enjoy!