



MAY
2017

Roasted Cauliflower and Squash Tacos

with Crunchy Jicama Slaw and Yogurt Crema

We're in love with this vegetarian taco. The sweet roasted veggies pair extraordinarily well with the zesty jicama slaw and citrusy yogurt! If you've never tried jicama, you're in for a treat. This root vegetable has a mild, refreshing flavour and fun crunchy texture!



Flour Tortillas



Cauliflower



Butternut Squash



Jicama



Garlic



Lime



Mexican
Seasoning



Chipotle Powder



Cilantro



Honey



Yogurt

Ingredients

	1)	2 People	
Flour Tortillas 6-inch	6	6	
Cauliflower, rosettes		1 pkg (285 g)	
Butternut Squash, cubed		1 pkg (340 g)	
Jicama, matchsticks		1 pkg (113 g)	
Garlic		1 pkg (10 g)	
Lime		1	
Mexican Seasoning		1 pkg (1 tbsp)	
Chipotle Powder 		1 pkg (1 tsp)	
Cilantro		1 pkg (10 g)	
Honey		1 pkg (1 tbsp)	
Yogurt	2)	1 pkg (100 g)	
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Baking Sheet, Zester, 2 Small Bowls, Measuring Spoons

Ruler

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Nutrition per person Calories: 559 cal | Fat: 14 g | Protein: 17 g | Carbs: 92 g | Fibre: 12 g | Sodium: 941 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

3



1 Preheat the oven to 400°F (to roast the butternut squash and cauliflower). Start prepping when the oven comes up to temperature!

4



2 Roast the cauliflower and squash: Wash and dry all produce. Toss the **squash** and **cauliflower** on a baking sheet with the **honey**, **Mexican seasoning**, as much **chipotle powder** as you like and a drizzle of **oil**. Bake in the centre of the oven, stirring halfway through, until golden-brown, 25-26 min.

5



3 Prep: Meanwhile, mince or grate the **garlic**. Zest, then juice the **lime**. Roughly chop the **cilantro**.

4 Make the crema and dress the jicama: In a small bowl, combine the **yogurt**, **lime zest**, **half the cilantro**, **2 tsp lime juice** and a **pinch of garlic**. Season with **salt** and **pepper**. In another small bowl, toss the **jicama** in the **remaining lime juice**. Season with **salt** and **pepper**.

6



5 Warm the tortillas: Wrap the **tortillas** in tin foil and place in the oven to warm for 4-5 min. (You can skip this step if you don't want to warm the tortillas!)

6 Finish and serve: Spread each **tortilla** with **yogurt crema** and top with **jicama**, **cauliflower**, **squash** and **remaining cilantro**. Enjoy!

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