



Smokey Parmesan-Crumbed Cauliflower

with Fries & Garden Salad

Grab your Meal Kit with this symbol



Potato



Cauliflower



Smokey Aioli



Panko Breadcrumbs



Aussie Spice Blend



Garlic & Herb Seasoning



Grated Parmesan Cheese



Cucumber



Tomato



Flaked Almonds



Mixed Salad Leaves

Hands-on: 15-25 mins
Ready in: 30-40 mins

Try our new trick for crumbed cauliflower, where smokey aioli acts as the glue for a flavourful mix of panko breadcrumbs, spices and Parmesan. Serve with crispy potato fries and fresh salad for a rustic homemade meal with a whole lot of attitude!

Pantry items

Olive Oil, Balsamic 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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 portion	2 portions
smokey aioli	1 packet (100g)	2 packets (200g)
panko breadcrumbs	1 packet	2 packets
Aussie spice blend	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
grated Parmesan cheese	1 packet	2 packets
cucumber	1	2
tomato	1	2
water*	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3080kJ (736Cal)	459kJ (110Cal)
Protein (g)	21.3g	3.2g
Fat, total (g)	43.9g	6.6g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	62.0g	9.3g
- sugars (g)	14.1g	2.1g
Sodium (g)	1210mg	180mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **fries** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **25-30 minutes**.

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



4. Get prepped

While the cauliflower is baking, thinly slice the **cucumber** into half-moons. Roughly chop the **tomato**. In a small bowl, combine the **remaining smokey aioli** and the **water**. Set aside. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate and set aside.



2. Crumb the cauliflower

While the fries are baking, cut the **cauliflower** into 2cm florets. In a medium bowl, add **1/2** the **smokey aioli**. On a plate, combine the **panko breadcrumbs, Aussie spice blend, garlic & herb seasoning, grated Parmesan cheese** and a **good drizzle of olive oil**. Toss the **cauliflower** in the **smokey aioli** until well coated. Place a handful of **cauliflower** on the **breadcrumb mixture**, then sprinkle the mixture over the cauliflower to coat. Transfer to a second oven tray lined with baking paper and repeat with the **remaining cauliflower**.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time.



5. Make the salad

In a medium bowl, combine the **balsamic vinegar, olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and a **pinch of salt** and **pepper**. Just before serving, add the **mixed salad leaves, cucumber** and **tomato** and toss to coat.

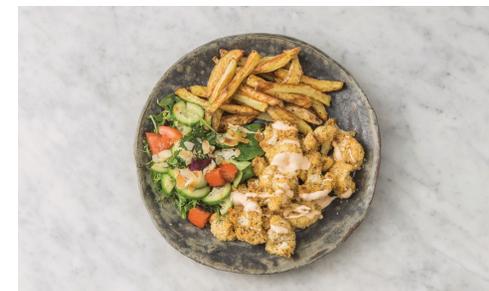
TIP: Tossing the salad just before serving keeps the leaves crisp!



3. Bake the cauliflower

Spread the **cauliflower** out in a single layer and bake until golden, **20-25 minutes**.

TIP: It's OK if some of the panko crust falls off!



6. Serve up

Divide the smokey Parmesan-crumbed cauliflower, fries and garden salad between plates. Drizzle the smokey aioli over the cauliflower. Sprinkle the flaked almonds over the salad.

Enjoy!