



Cheesy Roasted Cauliflower Salad

with Croutons & Dill-Parsley Mayo

NEW



Grab your Meal Kit with this symbol



Cauliflower



Carrot



Capsicum



Aussie Spice Blend



Shredded Cheddar Cheese



Bake-At-Home Ciabatta



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Flaked Almonds



Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

Short on inspiration and tired of soggy supermarket salads? We've dished up a cauliflower and veggie studded salad number, baked entirely in the oven. This one will truly warm you from the inside out, whilst still remaining light and bright!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Three oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	2 heads	4 heads
carrot	1	2
capsicum	1	2
Aussie spice blend	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
bake-at-home ciabatta	1	2
baby spinach leaves	1 medium bag	1 large bag
balsamic vinaigrette dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2352kJ (562Cal)	438kJ (105Cal)
Protein (g)	17.9g	3.3g
Fat, total (g)	32.7g	6.1g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	49.4g	9.2g
- sugars (g)	18.3g	3.4g
Sodium (mg)	1196mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2763kJ (660Cal)	474kJ (113Cal)
Protein (g)	25g	4.3g
Fat, total (g)	38.9g	6.7g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	50.2g	8.6g
- sugars (g)	18.8g	3.2g
Sodium (mg)	1643mg	282mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Chop **cauliflower** into small florets. Cut **carrot** and **capsicum** into bite-sized chunks.
- Place **carrot** and **capsicum** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

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

4



Make the croutons

- When the cauliflower has **5 minutes** remaining, cut or tear **bake-at-home ciabatta** into bite-sized chunks. Place on a third lined oven tray and bake until golden, **5 minutes**.

TIP: If your oven tray only has two racks, add the ciabatta pieces to the tray with the cauliflower.

2



Roast the cauliflower

- Meanwhile, place **cauliflower** on a second lined oven tray. Drizzle with **olive oil**, sprinkle over **Aussie spice blend** and toss to coat.
- Roast until tender and brown around edges, **20 minutes**.

5



Bring it all together

- Add **baby spinach leaves**, **croutons** and **balsamic vinaigrette dressing** to the tray with the **roasted veggies**. Season and toss to combine.

3



Make it cheesy

- Remove tray with **roasted cauliflower** from oven and sprinkle over **shredded Cheddar cheese**.
- Return to oven, and bake until cheese is golden, **5-8 minutes**.

Custom Recipe: If you've added diced bacon, sprinkle over diced bacon with shredded Cheddar cheese and bake as per above.

6



Serve up

- Divide veggie toss between bowls.
- Top with cheesy cauliflower. Drizzle over **dill & parsley mayonnaise**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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