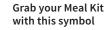


Cheesy Roasted Cauliflower Salad

with Croutons & Dill-Parsley Mayo

NEW













Aussie Spice Blend



Shredded Cheddar



Cheese

Bake-At-Home Ciabatta







Baby Spinach Leaves

Balsamic Vinaigrette Dressing





Mayonnaise

Dill & Parsley



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



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!



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 \cdot Large frying pan

Ingredients

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	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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.



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.



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.



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.



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.



Serve up

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

