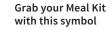


Cosy Parmesan-Crumbed Cauliflower with Fries & Apple-Almond Salad

COSY COMFORTS

CLIMATE SUPERSTAR











Panko Breadcrumbs





Garlic & Herb Seasoning



Parmesan Cheese





Carrot



Flaked Almonds



IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD! Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

EXCLUSIVELY IN CINEMAS

Prep in: 15-25 mins Ready in: 30-40 mins

Calorie Smart* Custom recipe is not Calorie Smart Try our new trick for crumbed cauliflower, where garlic aioli acts as the glue for a flavourful mix of panko breadcrumbs, spices and sharp Parmesan. Serve with hand cut fries and an almond-adorned salad for a hearty meal that is equal parts comfy and cosy!

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

Pantry items Olive Oil, Balsamic Vinegar

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

Two 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		
potato	2	4		
cauliflower	1 large portion	2 large portions		
garlic aioli	1 medium packet	1 large packet		
panko breadcrumbs	1 medium packet	1 large packet		
All-American spice blend	1 medium sachet	1 large sachet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
Parmesan cheese	1 medium packet	1 large packet		
apple	1	2		
carrot	1	2		
balsamic vinegar*	drizzle	drizzle		
mixed salad leaves	1 small packet	1 medium packet		
flaked almonds	1 medium packet	1 large packet		
Parmesan cheese**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2606kJ (623Cal)	430kJ (103Cal)
Protein (g)	18.7g	3.1g
Fat, total (g)	30.2g	5g
- saturated (g)	5g	0.8g
Carbohydrate (g)	67.6g	11.2g
- sugars (g)	24.8g	4.1g
Sodium (mg)	1097mg	181mg
Dietary Fibre (g)	12.9g	2.1g
Custom Recine		

Ava Otu

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (673Cal)	454kJ (109Cal)
Protein (g)	22.8g	3.7g
Fat, total (g)	33.8g	5.5g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	67.8g	10.9g
- sugars (g)	24.9g	4g
Sodium (mg)	1229mg	198mg
Dietary Fibre	12.9g	2.1g

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.

We're here to help!

Scan here if you have any questions or concerns





Bake the potato fries

- Preheat oven to 220°C/200°C fan-forced.
- · Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil and toss to coat.
- · Bake until tender, 25-30 minutes.

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



Make the salad

- While the cauliflower is baking, thinly slice **apple** into wedges. Grate **carrot**.
- In a large bowl, combine a drizzle of the balsamic vinegar and olive oil.
 Season, then add mixed salad leaves, apple and carrot. Toss to coat.
- In a small bowl, combine remaining **aioli** with a splash of **water**.



Prep the cauliflower

- Meanwhile, cut cauliflower into small florets.
- In a medium bowl, add half the garlic aioli. In a second medium bowl, combine panko breadcrumbs, All-American spice blend, garlic & herb seasoning, Parmesan cheese and a good drizzle of olive oil.
- Toss a handful of cauliflower in the aioli until well coated. Transfer to breadcrumb mixture and toss to coat. Transfer to a second lined oven tray, then repeat with remaining cauliflower.
- Spread cauliflower out in a single layer. Bake until golden, 20-25 minutes.

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

Custom Recipe: If you've doubled your Parmesan cheese, add half to the panko-mixture.



Serve up

- Divide cosy Parmesan-crumbed cauliflower, fries and apple salad between plates. Sprinkle flaked almonds over salad to serve. Enjoy!
- · Serve with aioli.

Custom Recipe: Sprinkle over the remaining parmesan over the cauliflower to serve.

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate