



Cosy Parmesan-Crumbed Cauliflower

with Fries & Apple-Almond Salad

COSY COMFORTS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Garlic Aioli



Panko Breadcrumbs



All-American Spice Blend



Garlic & Herb Seasoning



Parmesan Cheese



Apple



Carrot



Mixed Salad Leaves



Flaked Almonds



Parmesan Cheese



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

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.

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!

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

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

Calorie Smart*
*Custom recipe is not Calorie Smart

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 · Large frying pan

Ingredients

	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 Recipe

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



1



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.

3



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**.

2



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.

4



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