

Baked Aussie Cauliflower

with Roast Veggie Toss & Dill & Parsley Dressing

Grab your Meal Kit with this symbol



Carrot



Beetroot



Zucchini



Red Onion



Cauliflower



Aussie Spice Blend



Garlic & Herb Seasoning



Flaked Almonds



Dill & Parsley Mayonnaise




Baby Spinach Leaves



Fetta Cubes

 Hands-on: 15-25 mins
 Ready in: 35-45 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Carb Smart

Get ready to perform some kitchen magic, because this low-carb dish of nuts, fetta and root veggies is everything you never knew you needed!

Pantry items

Olive Oil, White Wine 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
carrot	1	2
beetroot	1	2
zucchini	1	2
red onion	1	2
cauliflower	1 portion	2 portions
Aussie spice blend	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
fetta cubes	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1966kJ (469Cal)	279kJ (66Cal)
Protein (g)	12.4g	1.8g
Fat, total (g)	32.5g	4.6g
- saturated (g)	6.3g	0.9g
Carbohydrate (g)	28.6g	4.1g
- sugars (g)	25.3g	3.6g
Sodium (mg)	1425mg	202mg
Dietary fibre (mg)	13.7g	1.9g

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **zucchini** into 1cm rounds. Cut the **red onion** into 2cm wedges. Cut the **cauliflower** into medium florets. In a large bowl, combine the **Aussie spice blend**, a splash of **water**, a generous drizzle of **olive oil** and a pinch of **salt**. Add the **cauliflower** and toss to coat.



Make the dipping sauce

In a small bowl, combine the **dill & parsley mayonnaise** with a splash of **water**. Season to taste.



Roast the veggies

Place the **carrot, beetroot, zucchini** and **onion** on an oven tray lined with baking paper. Sprinkle over the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat. Place the **cauliflower** on a second oven tray lined with baking paper. Pour over any remaining **spice mixture** from the bowl. Roast both trays until tender, **20-25 mins**.



Bring it all together

In a large bowl, combine the **baby spinach leaves, fetta cubes**, cooked **carrot, beetroot, zucchini** and **onion**. Add a small drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Toast the almonds

While the veggies are cooking, 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 small bowl.



Serve up

Divide the roast veggie toss and cauliflower between plates. Sprinkle over the toasted almonds. Drizzle the dill and parsley dressing to serve.

Enjoy!