



Cheesy Cauliflower & Broccoli Bake

with Lemony Veggies

Grab your Meal Kit with this symbol



Cauliflower



Broccoli



Brown Onion



Garlic



Thyme



Parsley



Lemon



Shredded Cheddar Cheese



Panko Breadcrumbs



Dijon Mustard



Light Cooking Cream



Vegetable Stock



Fetta



Green Beans



Carrot

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

The magic that occurs when this veggie bake goes in the oven is quite astonishing. The roasted veggies mingle with the fetta and creamy mustard sauce to become velvety and packed with flavour, while the panko topping turns into a golden cheesy crust with a hint of citrus. No wand required!

Pantry items

Olive Oil, Butter, Plain Flour

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

Oven tray lined with baking paper ·
Medium frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
broccoli	1 head	2 heads
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
parsley	1 bag	1 bag
lemon	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
panko breadcrumbs	1 packet	2 packets
butter*	20g	40g
plain flour*	2 tsp	1 tbs
Dijon mustard	1 tub (15g)	2 tubs (30g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
vegetable stock	1 cube	2 cubes
fetta	1 block (50g)	1 block (100g)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2780kJ (664Cal)	421kJ (100Cal)
Protein (g)	28.9g	4.4g
Fat, total (g)	41.1g	6.2g
- saturated (g)	25.6g	3.9g
Carbohydrate (g)	41.8g	6.3g
- sugars (g)	16.7g	2.5g
Sodium (g)	1120mg	170mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** and **broccoli** into small florets and roughly chop the stalks. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15-20 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Add the veggies

Add the **roasted cauliflower** and **broccoli** to the pan and crumble in the **fetta**. Stir to coat. Transfer the mixture to a medium baking dish. Top with the cheesy **breadcrumb mixture** and bake until golden and the cheese has melted, **8-12 minutes**.



2. Get prepped

While the veggies are roasting, thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Roughly chop the **parsley** leaves. Zest the **lemon** to get a **good pinch**, then cut in half. In a medium bowl, combine the **parsley**, **lemon zest**, **shredded Cheddar cheese** and **panko breadcrumbs**. **Drizzle generously** with **olive oil** and season with **salt** and **pepper**. Stir to combine.



5. Cook the beans & carrot

While the bake is in the oven, trim the **green beans**. Cut the **carrot** (unpeeled) into thin matchsticks. Wash the frying pan and return to a medium-high heat. Add the **green beans**, **carrot**, a **good squeeze** of **lemon juice** and a **dash** of **water**. Cook, tossing, until the veggies are tender, **4-5 minutes**. Add more **lemon juice** or water as you go to speed up the cooking process and help the veggies cook evenly. Season to taste with **salt** and **pepper**.



3. Make the sauce

Heat the **butter** and a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and cook, stirring occasionally, until softened, **3-4 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until the **onion** is coated, **2 minutes**. Remove the pan from the heat and add the **Dijon mustard**, **light cooking cream** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine and season to taste with **salt** and **pepper**.



6. Serve up

Divide the cheesy cauliflower and broccoli bake between plates and serve with the lemony veggies.

Enjoy!