



Fetta & Herb Cauliflower Bake

with Lemony Veggies

Grab your Meal Kit with this symbol



Cauliflower



Leek



Brown Onion



Garlic



Thyme



Parsley



Lemon



Shredded Cheddar Cheese



Panko Breadcrumbs



Dijon Mustard



Light Cooking Cream



Vegetable Stock Powder



Fetta Cubes



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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
leek	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
parsley	1 bag	1 bag
lemon	½	1
shredded Cheddar cheese	1 medium packet	1 large packet
panko breadcrumbs	1 medium packet	1 large packet
butter*	20g	40g
plain flour*	½ tbs	1 tbs
Dijon mustard	1 packet (15g)	2 packets (30g)
light cooking cream	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
fetta cubes	1 medium packet	1 large packet
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2976kJ (711Cal)	422kJ (100Cal)
Protein (g)	24.3g	3.4g
Fat, total (g)	46g	6.5g
- saturated (g)	26.5g	3.8g
Carbohydrate (g)	55.4g	7.9g
- sugars (g)	24.6g	3.5g
Sodium (mg)	1413mg	201mg

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 cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets and roughly chop the stalk. Place on a lined oven tray, 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**.

Change step 1 pic to just cauliflower on tray (no broccoli in recipe)



Transfer the mixture

Transfer the mixture to a baking dish. Top with the **cheesy breadcrumb mixture** and bake until golden and the cheese has melted, **8-12 minutes**.



Get prepped

While the cauliflower is roasting, thinly slice the **leek** and **brown onion**. Finely chop the **garlic**. Pick the **thyme** leaves. Roughly chop the **parsley**. 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. Stir to combine.



Cook the green beans & carrot

While the bake is in the oven, trim the **green beans**. Cut the **carrot** into thin sticks. Wash and dry 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**. Season.



Make the mixture

In a large frying pan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **leek**, stirring occasionally, until softened, **4-5 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, add the **Dijon mustard**, **light cooking cream** and **vegetable stock powder**. Stir to combine. Add the roasted **cauliflower**, crumble in the **fetta cubes**, and stir to coat. Season.



Serve up

Divide the cheesy cauliflower bake between plates. Serve with the lemony veggies.

Enjoy!

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