

LEBANESE MEZZE

with Fried Cauliflower & Beetroot Tzatziki







Add a colourful twist to tzatziki



Beetroo



Greek Yogh



Garlio



Cucumbe



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Caulif



Pita Pockets



Humm

Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: 20 mins Ready in: 30 mins Picking our favourite part of a mezze plate is like being asked to pick your favourite child – we just won't do it. Well, if we're really pushed we must admit this beetroot tzatziki is pretty special (just don't tell fried cauliflower over there).

START

You will need: chef's knife, chopping board, grater, two medium bowls, garlic crusher, teaspoon, medium frying pan, tongs, paper towel and oven tray. Let's start cooking the Lebanese Mezze with Fried Cauliflower & Beetroot Tzatziki

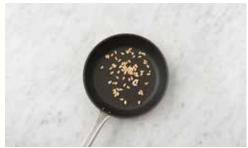


Preheat the oven to 180°C/160°C fanforced. Pop on some gloves (optional,
to prevent purple fingers!) and finely grate
the beetroot (unpeeled). Squeeze out excess
moisture from the beetroot and combine with
the Greek yoghurt in a medium bowl. If it's too
thick for your liking, add 1/2 of the olive oil (for
tzatziki and salad) to loosen. Peel and crush
the garlic, add to the bowl, season to taste with
salt and pepper, and mix well.

Discover the versatility of beetroot with this quick and easy to prepare tzatziki, made with just 7 ingredients!



MAKE THE CUCUMBER SALAD Slice the cucumber in half lengthways and scrape out the core using a teaspoon. Roughly chop the core and stir through the beetroot tzatziki. Slice the cucumber into 0.5cm thick pieces, add to a second medium bowl and drizzle with the balsamic vinegar and the remaining olive oil (for tzatziki and salad).



TOAST THE PINE NUTS
Heat a medium dry frying pan over a medium-high heat. Add the **pine nuts** and toast for **3-4 minutes**, or until golden. Remove from the pan and set aside.

INGREDIENTS

	2P	4P
beetroot	1	2
Greek yoghurt	1 tub (100g)	2 tubs (200g)
olive oil* (for tzatziki and salad)	1 tbs	2 tbs
garlic ®	½ clove	1 clove
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
cauliflower	1 portion	2 portions
olive oil* (for cauliflower)	⅓ cup	½ cup
pita pockets	4	8
hummus	1 tub (100g)	2 tubs (200g)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	630kJ (150Cal)
Protein (g)	16.8g	3.2g
Fat, total (g)	54.9g	10.6g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	16.1g	3.1g
Sodium (g)	362mg	70mg



PAN-FRY THE CAULIFLOWER
Break or cut the cauliflower into small florets. Heat the olive oil (for cauliflower) in the same medium frying pan over a mediumhigh heat. Add the cauliflower and cook, turning occasionally, for 8-10 minutes, or until golden. Drain on paper towel and season with salt and pepper.



5 WARM THE PITA POCKETS
Meanwhile, place the pita pockets on an oven tray and bake for **3 minutes** to warm through. Cut into wedges.



SERVE UPDivide the beetroot tzatziki, **hummus**, cucumber salad, fried cauliflower and pita wedges between plates. Sprinkle over the toasted pine nuts.

Enjoy!

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