

# Spiced Cauliflower & Sweet Potato Bowl

with Chipotle Slaw & Corn Salsa

Grab your Meal Kit with this symbol



Sweet Potato



Cauliflower



All-American Spice Blend



Corn



Carrot



Coriander



Lime



Sour Cream



Shredded Cabbage Mix



Mild Chipotle Sauce

Hands-on: 20-30 mins  
Ready in: 35-45 mins

Calorie Smart

Naturally gluten-free  
*Not suitable for Coeliacs*

Looking for a tasty midweek dinner option? Try cooking up our spiced veggie bowl for a nutritionally balanced meal. Top it all off with lime cream to bring it all together.

### Pantry items

Olive Oil

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
cauliflower	1 portion	2 portions
All-American spice blend	1 sachet	2 sachets
corn	1 cob	2 cobs
carrot	1	2
coriander	1 bag	1 bag
lime	½	1
sour cream	1 packet (100g)	1 packet (200g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mild chipotle sauce	1 tub	2 tubs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1601kJ (382Cal)	226kJ (54Cal)
Protein (g)	10.7g	1.5g
Fat, total (g)	11.2g	1.6g
- saturated (g)	6.1g	0.9g
Carbohydrate (g)	52.4g	7.4g
- sugars (g)	29.5g	4.2g
Sodium (mg)	776mg	110mg

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](https://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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into bite-sized chunks. Cut the **cauliflower** into small florets. Place the **sweet potato**, **cauliflower** and **All-American spice blend** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



## Make the slaw

**SPICY!** The chipotle sauce is spicy, add less if you are sensitive to heat. In a medium bowl, combine the **shredded cabbage mix**, **carrot**, remaining **sour cream**, **mild chipotle sauce** and a pinch of **salt**. Set aside.



## Get prepped

While the veggies are roasting, slice the kernels off the **corn** cob. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Finely zest the **lime** to get a generous pinch, then slice into wedges. In a small bowl, combine the **lime zest** and 1/2 the **sour cream**. Set aside.



## Make the corn salsa

Add the **coriander**, a generous squeeze of **lime juice** and a drizzle of **olive oil** to the charred **corn**. Season and toss to combine.



## Char the corn

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl and set aside.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Serve up

Divide the spiced cauliflower and sweet potato between bowls. Serve with the slaw and the charred corn salsa. Top with the lime cream. Serve with the remaining lime wedges.

Enjoy!