



Sticky Glazed Cauliflower Sunshine Salad

with Blue Cheese, Roast Potatoes, Avocado and Croutons

21

Sunshine Dining 35-40 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Baking Potato



Cauliflower Florets



Ciabatta



Sriracha



Cider Vinegar



Baby Gem Lettuce



Avocado



Ranch Dressing



Blue Cheese

Pantry Items

Oil, Salt, Pepper, Honey, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Cauliflower Florets**	300g	450g	600g
Ciabatta 13)	1	2	2
Sriracha	15g	22g	30g
Cider Vinegar 14)	30ml	45ml	60ml
Baby Gem Lettuce**	1	2	2
Avocado	1	1	2
Ranch Dressing 7) 8) 9)	30g	45g	60g
Blue Cheese** 7)	30g	45g	60g
Pantry	2P	3P	4P
Honey*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	1 tsp	1½tsp	2 tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	543g	100g
	2747 /656	506 /121
Fat (g)	36.5	6.7
Sat. Fat (g)	8.4	1.5
Carbohydrate (g)	69.4	12.8
Sugars (g)	21.9	4.0
Protein (g)	14.4	2.7
Salt (g)	1.56	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potato** into 2cm chunks (no need to peel).

Pop the **chunks** onto one side of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Prep the Veg

While everything's roasting, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then cut into 2cm chunks.

When the **cauliflower** has 5 mins remaining, drizzle over the **sticky glaze** and toss to coat. Return to the oven for the remaining time.

2



Cauliflower Power

Meanwhile, halve any large **cauliflower florets**.

Cut the **ciabatta** into roughly 2cm chunks.

When the **potato** has been cooking for 10 mins, pop the **cauliflower** onto the other side of the large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer.

Return to the oven for the remaining time until the **cauliflower** is golden brown and tender, 15-20 mins. Turn halfway through.

5



Dress your Salad

In a large bowl, combine the remaining **cider vinegar** with the **ranch dressing**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

When everything's ready, add the **baby gem**, **roast potatoes**, **croutons** and **avocado** to the **dressing**. Toss to coat.

3



Crouton Time

Pop the **ciabatta chunks** onto a medium baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat well.

Bake the **croutons** on the middle shelf of your oven until golden, 8-10 mins, then remove from the oven and set aside.

Meanwhile, in a small bowl, combine the **sriracha** (add less if you'd prefer things milder), **honey** (see pantry for amount) and **half the cider vinegar**. Season with **salt** and **pepper** - this is your **sticky glaze**.

6



Assemble and Serve

Share your **salad** between your serving plates.

Top with the **glazed cauliflower** and scatter over the **blue cheese** to finish.

Enjoy!