



Sticky Sriracha Cauliflower

with Hoisin Noodles, Mangetout and Sesame

20

Classic 25-30 Minutes • Medium Spice • 4 of your 5 a day • Veggie



Cauliflower



Egg Noodle Nest



Mangetout



Garlic Clove



Sliced Spring Greens



Hoisin Sauce



Soy Sauce



Sambal Paste



Honey



Sriracha Sauce



Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, baking tray, sieve, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower**	1	1½	2
Egg Noodle Nest 8) 13)	125g	187g	250g
Mangetout**	80g	120g	150g
Garlic Clove**	2	3	4
Sliced Spring Greens**	150g	200g	300g
Hoisin Sauce 11)	64g	96g	128g
Soy Sauce 11) 13)	25ml	37ml	50ml
Sambal Paste	15g	22g	30g
Honey	15g	22g	30g
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2142 /512	405 /97
Fat (g)	7.6	1.4
Sat. Fat (g)	1.3	0.3
Carbohydrate (g)	84.3	15.9
Sugars (g)	31.2	5.9
Protein (g)	21.3	4.0
Salt (g)	5.17	0.98

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

Allergens

3) Sesame 8) Egg 11) Soya 13) Cereals containing gluten

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

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Roast the Cauli

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **noodles**.

Cut the **cauliflower** into florets (like small trees), halving any large ones.

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

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Simmer the Sauce

Pour the **hoisin sauce**, **soy sauce**, **sambal** (add less if you'd prefer things milder) and **water for the sauce** (see pantry for amount) into the **veg** pan. Stir well to combine.

Bring to the boil, then simmer until the **sauce** has thickened slightly, 1-2 mins.



Cook the Noodles

Meanwhile, when the pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.

While the **noodles** cook, halve the **mangetout** widthways.

Peel and grate the **garlic** (or use a garlic press).



All Together Now

When the **cauliflower** has 2-3 mins remaining, drizzle over the **honey** and **sriracha**, then toss to coat. Return to the oven for the remaining time.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Meanwhile, add the **cooked noodles** to the **veg** and toss to coat in the **sauce**. Simmer until piping hot, 1-2 mins.

Add a splash of **water** if it needs loosening. Taste and season with **salt** and **pepper** if needed.



Get Stir-Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **spring greens** along with **1 tbsp** of **water**, cover with a tight-fitting lid and cook until wilted, 5-6 mins.

Add the **mangetout** and **garlic** and stir-fry until the **mangetout** is tender, 2-3 mins. Season with **salt** and **pepper**.



Serve Up

Share the **hoisin noodles** between your serving bowls.

Top with the **sticky sriracha cauliflower** and sprinkle over the **sesame seeds** to finish.

Enjoy!