



# Spiced Cauliflower Nuggets

with Korma Bulgur, Mint Yoghurt and Mango Chutney

42

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day • Veggie



Cauliflower Florets



Mayonnaise



Panko Breadcrumbs



North Indian Style Spice Mix



Garlic Clove



Medium Tomato



Korma Style Paste



Bulgur Wheat



Mint



Greek Style Natural Yoghurt



Mango Chutney

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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

Bowl, baking tray, baking paper, garlic press, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Mayonnaise <b>8</b> <b>9</b>	64g	96g	128g
Panko Breadcrumbs <b>13</b>	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Medium Tomato	2	3	4
Korma Style Paste <b>9</b>	50g	75g	100g
Bulgur Wheat <b>13</b>	120g	180g	240g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Mango Chutney	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Crumb	1 tbsp	1½ tbsp	2 tbsp
Water for the Bulgur	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	475g	100g
	2817 /673	593 /142
Fat (g)	25.3	5.3
Sat. Fat (g)	5.1	1.1
Carbohydrate (g)	97.2	20.5
Sugars (g)	24.5	5.2
Protein (g)	17.6	3.7
Salt (g)	2.47	0.52

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

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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## Spice up the Cauliflower

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

Halve any large **cauliflower florets**, then pop them into a large bowl and season with **salt** and **pepper**. Add the **mayonnaise** and toss to coat.

In another small bowl, combine the **breadcrumbs**, **North Indian style spice mix** and the **olive oil for the crumb** (see pantry for amount).

Add the **spiced crumbs** to the **florets** and toss to coat evenly.

4



## Bring on the Bulgur

Pop a large saucepan (with a tight-fitting lid) on medium-high heat with a drizzle of **oil**.

When hot, add the **garlic** and **korma style paste**. Stir-fry for 1 min.

Pour in the **water for the bulgur** (see pantry for amount) and bring to the boil. Stir in the **bulgur wheat**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.

2



## Roast the Nuggets

Pop the **crumbed florets** onto a lined baking tray and spread them out in a single layer. Discard any leftover **crumbs**.

When the oven is hot, roast on the top shelf until golden, 25-30 mins.

5



## Mix the Mint Yoghurt

While everything cooks, pick the **mint leaves** from their stalks and roughly chop (discard the stalks).

Pop the **yoghurt** into a small bowl with **half** the **chopped mint**. Season with **salt** and **pepper**, then mix together. Set the **mint yoghurt** aside.

3



## Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Cut the **tomatoes** into 1cm chunks.

6



## Finish and Serve

When everything's ready, fluff up the **bulgur** with a fork. Add the **tomatoes**, remaining **mint** and **half** the **mango chutney**. Stir until well combined.

Spoon the **korma bulgur** into your bowls, then top with the **cauliflower nuggets**. Serve with a dollop of **mint yoghurt** and the remaining **mango chutney**.

Enjoy!