



# Southern Style Cauliflower Nuggets with Cheesy Wedges and Slaw

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

4



Potatoes



Roasted Spice  
and Herb Blend



Cauliflower Florets



Mayonnaise



Breadcrumbs



Central American  
Style Spice Mix



Baby Gem  
Lettuce



Sweet Chilli  
Sauce



Coleslaw Mix



Grated Hard  
Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Tomato Ketchup

## 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

Baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Cauliflower Florets**	300g	450g	600g
Mayonnaise <b>8) 9)</b>	128g	192g	256g
Breadcrumbs <b>13)</b>	50g	75g	100g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Sweet Chilli Sauce	32g	48g	64g
Coleslaw Mix**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g

Pantry	2P	3P	4P
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	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)	630g 2897 /692	100g 460 /110
Fat (g)	28.6	4.5
Sat. Fat (g)	5.9	0.9
Carbohydrate (g)	94.2	14.9
Sugars (g)	22.4	3.6
Protein (g)	19.4	3.1
Salt (g)	3.17	0.50

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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1



## Spice up the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, 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 middle shelf until golden, 30-40 mins. Turn halfway through.

4



## Bring on the Slaw

In a large bowl, combine the **sweet chilli sauce** and remaining **mayonnaise**. Season with **salt** and **pepper**.

Add the **coleslaw mix** and toss to coat in the **dressing**.

2



## Prep the Cauliflower

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

Pop the **florets** into a large bowl and season with **salt** and **pepper**. Add **half** the **mayonnaise** and toss to coat the **florets**.

In another small bowl, mix the **breadcrumbs** with the **Central American style spice mix**. Season with **salt** and stir in the **oil for the breadcrumbs** (see pantry for amount).

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

5



## Cheese Please

When the **wedges** have 5 mins remaining, remove them from the oven, sprinkle over the **grated hard Italian style cheese** and toss to coat. Return to the oven for the remaining time.

Just before serving, add the **baby gem** to the **slaw** and toss to coat. **TIP:** Don't add the leaves too early or they'll go soggy.

3



## Bake your Nuggets

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

Roast your **cauliflower nuggets** on the top shelf until golden and crispy, 20-25 mins.

Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice.

6



## Serve Up

Share your **cauliflower nuggets**, **cheesy wedges** and **slaw** between your plates.

Serve with **ketchup** (see pantry for amount) on the side for dipping.

Enjoy!