



Korean Style Cheesy Cauliflower Nuggets

with Sesame Wedges, Avocado Salsa and Creamy Slaw

37

Veggie Street Food 40-50 Minutes • Mild Spice • 4 of your 5 a day • Veggie



Potatoes



Roasted White Sesame Seeds



Cauliflower Florets



Breadcrumbs



Grated Hard Italian Style Cheese



Lime



Baby Plum Tomatoes



Avocado



Coleslaw Mix



Mayonnaise



Gochujang Paste

Pantry Items

Oil, Salt, Pepper, Egg, 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

Baking tray, bowl, baking paper, and whisk.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3	5g	7g	10g
Cauliflower Florets**	300g	450g	600g
Breadcrumbs 13	50g	75g	100g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Lime**	1	1	1
Baby Plum Tomatoes	125g	190g	250g
Avocado	1	2	2
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8 9	96g	144g	192g
Gochujang Paste 11	50g	60g	100g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Crumb*	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)	3653/873	474/113
Fat (g)	47.0	6.1
Sat. Fat (g)	10.3	1.3
Carbohydrate (g)	93.3	12.1
Sugars (g)	19.8	2.6
Protein (g)	24.8	3.2
Salt (g)	4.23	0.55

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

Allergens

3) Sesame **7**) Milk **8**) Egg **9**) Mustard **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, cereals containing 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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Cook the Sesame Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, 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, bake on the top shelf until golden, 30-35 mins. Turn halfway through.



Prep your Salsa

Meanwhile, cut the **lime** into quarters.

Halve the **baby plum tomatoes** and pop into a medium bowl.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks and add to the **tomatoes**.

Drizzle over some **olive oil**, squeeze in some **lime juice** and season with **salt** and **pepper**. Set aside.



Prep Time

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

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** and **Italian style cheese** into another medium bowl and season with the **salt for the breadcrumbs** (see pantry for amount) and **pepper**. Mix in the **olive oil for the crumb** (see pantry for amount).



Mix Things Up

In another medium bowl, combine the **coleslaw mix** and a **third** of the **mayonnaise**. Squeeze in a little **lime juice**, season with **salt** and **pepper**, then mix together. Set aside.

In another small bowl, combine the **gochujang paste** and remaining **mayo**.



Make your Cauli Nuggets

Dip the **cauliflower florets** into the **egg** and then the **breadcrumbs**, ensuring they're completely coated.

Transfer the **coated florets** onto a lined large baking tray and spread them out in a single layer. Bake on the middle shelf until golden and crispy, 20-25 mins.

Discard any leftover **crumb** and **egg** in the bowls.



Serve Up

When everything's ready, transfer the **cheesy cauliflower nuggets** to your plates. Generously drizzle over the **gochujang mayo**.

Serve the **sesame wedges**, **avocado salsa** and **creamy slaw** alongside.

Serve any remaining **lime wedges** on the side for squeezing over.

Enjoy!