



Cheesy Spicy Cauliflower Nuggets with Chipotle Mayo

Special Sides 25-30 Minutes • Medium Spice • 1 of your 5 a day • Veggie

6A

Find all your unchilled Market items in bag A.



Cauliflower Florets



Grated Hard Italian Style Cheese



Mayonnaise



Breadcrumbs



Central American Style Spice Mix



Chipotle Paste

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

Bowl, baking tray and baking paper.

Ingredients

Ingredients	Quantity
Cauliflower Florets**	300g
Grated Hard Italian Style Cheese** 7) 8)	40g
Mayonnaise 8) 9)	128g
Breadcrumbs 13)	50g
Central American Style Spice Mix	½ sachet
Chipotle Paste	20g

Pantry	Quantity
Oil for the Breadcrumbs*	1 tbsp
Salt for the Breadcrumbs*	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	276g	100g
Energy (kJ/kcal)	1816 /434	657 /157
Fat (g)	28.3	10.2
Sat. Fat (g)	5.8	2.1
Carbohydrate (g)	33.5	12.1
Sugars (g)	7.1	2.6
Protein (g)	13.4	4.9
Salt (g)	3.98	1.44

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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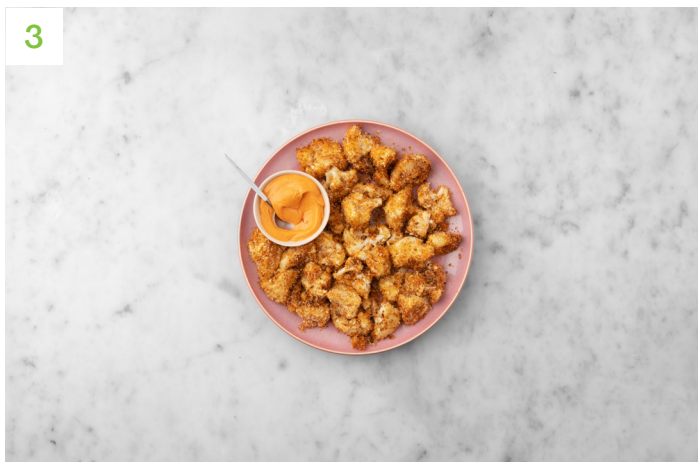
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2



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Prep the Cauliflower

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

b) Halve any large **cauliflower florets**. Pop the **florets** into a mixing bowl. Season with **salt** and **pepper** and stir in the **grated hard Italian style cheese** and **half** the **mayonnaise**. Make sure the **florets** are well coated.

c) In a small bowl, mix the **breadcrumbs** with **half** the **Central American style spice mix** (add less if you'd prefer things milder). Stir in the **oil** and **salt for the breadcrumbs** (see pantry for both amounts). **TIP:** *Keep the remaining Central American spice mix for another recipe.*

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

Bake your Nuggets

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

b) When the oven is hot, roast on the top shelf until golden and crispy, 20-25 mins.

c) Meanwhile, combine the remaining **mayo** in a small bowl with the **chipotle paste** (add less if you'd prefer things milder).

Dip, Dip, Hooray

a) Once roasted, pop the **cauliflower nuggets** onto a sharing dish and season with **salt**.

b) Serve the **chipotle mayo** alongside for dipping.

Enjoy!

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

a) Preheat your air fryer to 200°C. Prepare the **cauliflower nuggets** as above.

b) Once hot, add the **cauliflower nuggets** to the basket. Bake until golden, 12-15 mins.