

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, grater, bowl, baking tray, baking paper and saucepan.

Ingredient

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Garlic Clove**	4
Cauliflower**	1
Breadcrumbs 13)	50g
Grated Hard Italian Style Cheese** 7) 8)	120g
British Pork and Oregano Sausage Meat**14)	225g
Hoisin Sauce 11)	64g
Ciabatta**** 13)	2
Cucumber**	1
Carrot**	2
Houmous** 3)	100g
Smashed Avocado**	1 pot
Marinara Sauce**	120g
Sweet Chilli Sauce	48g

Pantry	Quantity
Egg*	1
Olive Oil*	2 tbsp

*Not Included **Store in the Fridge **** Please use the ciabatta within 2 days from the delivery day.

Nutrition

Typical Values	Per 100g
for uncooked ingredient	100g
Energy (kJ/kcal)	682 /163
Fat (g)	8.9
Sat. Fat (g)	3.6
Carbohydrate (g)	14.5
Sugars (g)	4.0
Protein (g)	5.6
Salt (g)	0.66

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

Allergens

3) Sesame 7) Milk 8) Egg 11) Soya 13) Cereals containing gluten 14) Sulphites

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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Make the Cauli Tot 'Footballs'

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Remove the **puff pastry** from your fridge and allow to come up to room temperature. Peel and grate the **garlic** (or use a garlic press).

b) Cut the **cauliflower** into quarters and grate on the coarse side of your grater to make '**rice**' (if you have a food processor, use this instead).

c) In a large bowl, combine the **cauliflower 'rice'**, **breadcrumbs**, **two thirds** of the **grated hard Italian cheese**, **half** the **garlic** and the **egg** (see pantry for amount).

d) Divide the **cauliflower mixture** into bite-sized pieces using a tablespoon and pop them onto a lined baking tray. Drizzle the **cauli tot 'footballs'** with **oil** and bake on the middle shelf of your oven until crisp and golden, 20-25 mins.



Make the Garlic Bread Dippers

a) While the **cauli tots** and **sausage rolls** bake, halve the **ciabatta**, then cut each half in 6-8 equal batons.

b) In a large bowl, combine the remaining **garlic**, the remaining **cheese** and the **olive oil** (see pantry for amount).

c) Season generously with **salt** and **pepper**, then add the **ciabatta batons** and toss to coat.

d) Pop the **ciabatta batons** onto another tray and bake on the bottom shelf until crisp and golden 8-10 mins.



Prep the Sausage Rolls

a) Meanwhile, unroll the **pastry** and lay it horizontally in front of you, keeping the baking paper underneath.

b) Slice the **pastry** once horizontally, then once vertically into 4 equal-sized rectangles.

c) Divide the **sausage meat** into quarters, then place each quarter lengthways in a long strip, just off-centre, on each **pastry rectangle**. The **pork strip** should be the length of the **pastry** and about 1cm thick.



Dip, Dip, Hooray!

a) In the meantime, trim the **cucumber**, then halve lengthways. Peel and trim the **carrot**, then halve lengthways. Chop both the **carrot** and the **cucumber** into roughly 1cm wide, 5cm long batons.

b) Arrange your **veg batons** on your serving platter with the **houmous** and **smashed avocado** in small bowls alongside for dipping and scooping.

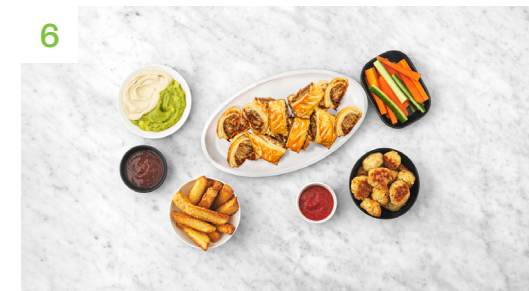


Bake the Sausage Rolls

a) Divide the **hoisin sauce** evenly over the **sausage meat**, then fold the **pastry** lengthways over the **fillings**.

b) Press down lightly with a fork over the seams to secure. Cut each roll into 5 equal pieces, making **20 mini sausage rolls** in total. Carefully transfer to another lined baking tray.

c) Bake on the top shelf of your oven until golden brown and cooked in the middle, 15-20 mins.
IMPORTANT: Wash your hands and equipment after handling raw meat. The sausage meat is cooked when no longer pink in the middle.



Serve Up and Score!

a) Heat the **marinara sauce** in a small saucepan on medium-high heat, until piping hot, 2-3 mins. Transfer to a serving bowl, then place onto your serving platter with the **garlic bread dippers** alongside for dipping and scooping.

b) One baked, arrange the **cauli tot 'footballs'** and **sausage rolls** onto your serving platter with the **sweet chilli sauce** in a small bowl alongside for dipping.

Enjoy!