



Southern Style Cauliflower Nuggets with Hot Honey Sauce, Wedges and Slaw Salad

42

Classic 35-40 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Potatoes



Cauliflower Florets



Breadcrumbs



Central American Style
Spice Mix



Grated Hard Italian
Style Cheese



Baby Gem Lettuce



Mayonnaise



Coleslaw Mix



Hot Sauce

Pantry Items

Oil, Salt, Pepper, Egg, Butter, Honey

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, whisk, baking paper and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower Florets**	300g	450g	600g
Breadcrumbs 13)	50g	75g	100g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Baby Gem Lettuce**	1	1½	2
Mayonnaise 8) 9)	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Hot Sauce	50g	80g	100g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Oil for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3119/746	487/116
Fat (g)	35.4	5.5
Sat. Fat (g)	12.0	1.9
Carbohydrate (g)	88.6	13.8
Sugars (g)	19.6	3.1
Protein (g)	22.6	3.5
Salt (g)	3.42	0.53

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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Bake the Wedges

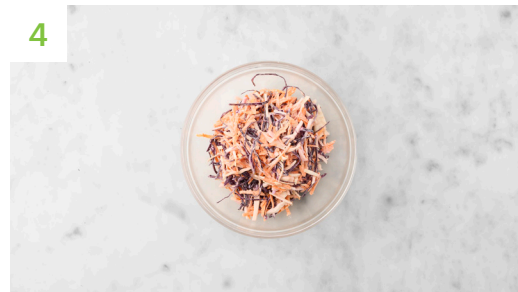
Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, 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.



Bring on the Slaw

In a large bowl, combine the **mayonnaise** and **coleslaw mix**. Drizzle with **olive oil**, season with **salt** and **pepper**, then toss to coat.



Prep the Cauliflower

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

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

Put the **breadcrumbs**, **Central American style spice mix** and **cheese** into another medium bowl and season with the **salt** (see pantry for amount) and **pepper**. Mix in the **oil for the breadcrumbs** (see pantry for amount).

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



Make the Sauce

When the **nuggets** have 5 mins left, heat a small saucepan on medium heat.

Melt the **butter** (see pantry for amount) in the pan. Stir in the **hot sauce** and **honey** (see pantry for amount). Cook until thickened, 1-2 min. Season with **salt** and **pepper**. Set aside.

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.

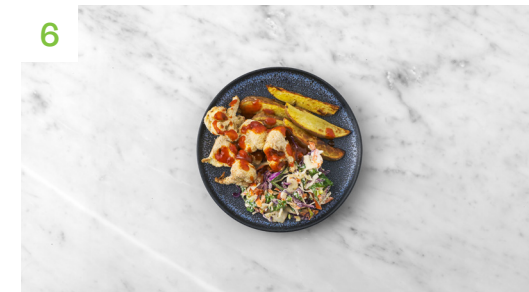


Bake your Nuggets

Pop the **coated florets** onto a lined large 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.



Serve Up

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

Drizzle the **hot honey sauce** over the **nuggets**.

Enjoy!