



# Crispy Cauliflower Nuggets with Spiced Bean Stew and Soured Cream

Calorie Smart 35-40 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories • Veggie

23



Cauliflower Florets



Mayonnaise



Breadcrumbs



Central American  
Style Spice Mix



Courgette



Garlic Clove



Finely Chopped  
Tomatoes with  
Onion and Garlic



Vegetable Stock Paste



Butter Beans



Soured Cream

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

## 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, baking paper, garlic press, saucepan and sieve.

## Ingredients

| Ingredients                                   | 2P        | 3P         | 4P        |
|---|-----------|------------|-----------|
| Cauliflower Florets*                          | 300g      | 450g       | 600g      |
| Mayonnaise <b>8</b> <b>9</b>                  | 64g       | 96g        | 128g      |
| Breadcrumbs <b>13</b>                         | 50g       | 75g        | 100g      |
| Central American Style Spice Mix              | 1 sachet  | 1 sachet   | 2 sachets |
| Courgette**                                   | 1         | 1½         | 2         |
| Garlic Clove**                                | 1         | 2          | 2         |
| Finely Chopped Tomatoes with Onion and Garlic | 1 carton  | 1½ cartons | 2 cartons |
| Vegetable Stock Paste                         | 10g       | 15g        | 20g       |
| Butter Beans                                  | 1 carton  | 1½ cartons | 2 cartons |
| Soured Cream** <b>7</b>                       | 75g       | 120g       | 150g      |
| <b>Pantry</b>                                 | <b>2P</b> | <b>3P</b>  | <b>4P</b> |
| Olive Oil for the Crumb*                      | 1 tbsp    | 1½ tbsp    | 2 tbsp    |
| Sugar for the Sauce*                          | ½ tsp     | ¾ tsp      | 1 tsp     |
| Water for the Sauce*                          | 75ml      | 100ml      | 150ml     |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 723g        | 100g     |
| Energy (kJ/kcal)        | 2363 /565   | 327 /78  |
| Fat (g)                 | 24.1        | 3.3      |
| Sat. Fat (g)            | 6.4         | 0.9      |
| Carbohydrate (g)        | 62.6        | 8.7      |
| Sugars (g)              | 23.3        | 3.2      |
| Protein (g)             | 20.7        | 2.9      |
| Salt (g)                | 5.08        | 0.7      |

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, 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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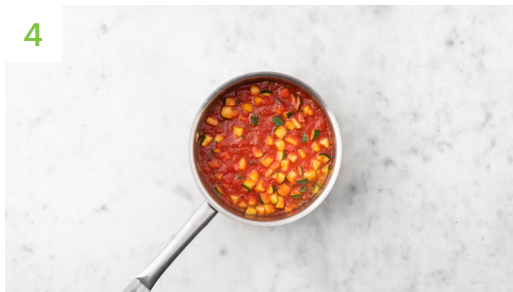
## Coat the Cauliflower

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

Halve any large **cauliflower florets**, then pop them into a mixing bowl and season with **salt** and **pepper**. Add the **mayonnaise** and toss to coat.

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

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



## Simmer the Stew

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **courgette** and cook, stirring, for 3 mins. Stir in the **garlic** and remaining **Central American style spice mix** and cook for 1 min more.

Add the **chopped tomatoes**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to a simmer, then lower the heat and simmer until thickened, 5-6 mins.



## Roast the Nuggets

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

When the oven is hot, roast on the top shelf until golden, 25-30 mins.

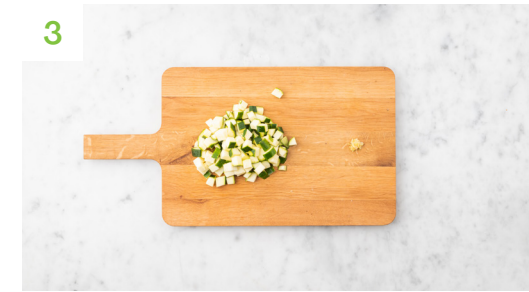


## Add the Beans

Meanwhile, drain and rinse the **butter beans** in a sieve. Transfer a **third** to a bowl and crush with the back of a fork.

After 5 mins, add the **whole** and **crushed beans** to the **stew**. Cook until thickened, 5-6 mins.

Season with **salt** and **pepper**, then remove from the heat.



## Prep Time

Meanwhile, trim the **courgette**, then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



## Serve Up

When the **nuggets** are golden, remove them from the oven.

Spoon the **bean stew** into your bowls, then top with the **cauliflower nuggets** and a dollop of **soured cream**.

## Enjoy!