



# Un-bear-lievable Uchucuta Inspired Cauliflower Salad with Smashed Potatoes, Peanuts and Soured Cream

21

Paddington in Peru 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Potatoes



Cauliflower



Mint



Lemon



Sweetcorn



Central American Style Spice Mix



Salted Peanuts



Greek Style Salad Cheese



Soured Cream

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey

### TASTY ADVENTURES IN PERU

Discover Peruvian cuisine alongside British Classics on your HelloFresh menu! Paddington in Peru hits cinemas on the 8th November – celebrate with easy and delicious meals inspired by Paddington.



**PADDINGTON™ IN PERU**  
**ONLY IN CINEMAS**

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Discover the traditional Peruvian salsa uchucuta, made with local herbs for a slightly sour and spicy sauce. This version with mint and lemon makes an easier sauce without the heat, instead spicing up the roasted cauliflower for a truly splendid salad.

## 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, sieve, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cauliflower**	1	1½	2
Mint**	1 bunch	2 bunches	2 bunches
Lemon**	1	2	2
Sweetcorn	160g	340g	340g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Salted Peanuts <b>1)</b>	25g	40g	50g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
Soured Cream** <b>7)</b>	75g	150g	150g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	723g	100g
Energy (kJ/kcal)	2599 /621	359 /86
Fat (g)	25.1	3.5
Sat. Fat (g)	10.1	1.4
Carbohydrate (g)	79.3	11.0
Sugars (g)	24.4	3.4
Protein (g)	21.1	2.9
Salt (g)	1.58	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 1) Peanut 7) Milk

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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## Get Started

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel).

Pop 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 top shelf for 20 mins - you'll roast them for longer once you've crushed them.

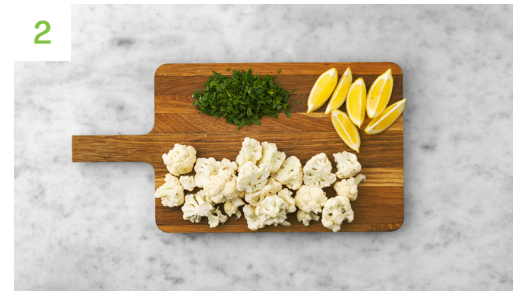


## Get Smashing

Meanwhile, in a large bowl, combine a good squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts).

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with more **oil**, and return to the top shelf of your oven until crispy and golden, 10-15 mins.



## Finish the Prep

Meanwhile, cut the **cauliflower** into florets (like small trees), halving any large ones.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Cut the **lemon** into wedges. Drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.



## All Together Now

When the **cauliflower** is roasted, drizzle over the **honey** (see pantry for amount) and toss to coat.

When everything's ready, add the **cauliflower**, **sweetcorn**, **peanuts** and **half the mint** to the **lemon dressing**.

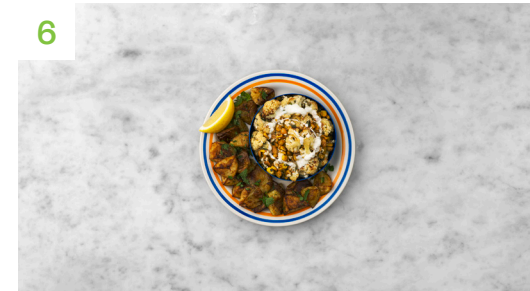
Crumble in the **Greek style cheese**, season with **salt** and **pepper**, then toss everything together.



## Roast the Cauli

While the **sweetcorn** chars, pop the **cauliflower** onto a baking tray. Drizzle with **oil**, sprinkle over the **Central American style spice mix**, season with **salt** and **pepper**, then toss to coat. Spread the **florets** out in a single layer.

Roast on the middle shelf until golden brown and tender, 15-20 mins. Turn halfway through.



## Serve Up

Share the **roasted cauli salad** between your plates. Drizzle over the **soured cream** and sprinkle with the remaining **mint**.

Serve the **smashed potatoes** alongside.

Serve with any remaining **lemon wedges** for squeezing over.

## Enjoy!

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