



# Cauliflower Cheese Bites

with Sweet Chilli Dipping Sauce

Special Sides 30-40 Minutes • 1 of your 5 a day

5A

Find all your unchilled Market items in bag A.



Garlic Clove



Cauliflower



Breadcrumbs



Grated Hard Italian Style Cheese



Sweet Chilli Sauce

Pantry Items  
Egg

## 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 paper and baking tray.

## Ingredients

| Ingredients  | Quantity |
|--|----------|
| Garlic Clove**   | 2        |
| Cauliflower**  | 1        |
| Breadcrumbs <b>13</b> )                                  | 50g      |
| Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> ) | 80g      |
| Sweet Chilli Sauce                                       | 48g      |

| Pantry | Quantity |
|--------|----------|
| Egg*   | 1        |

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

## Nutrition

| Typical Values<br>for uncooked ingredient | Per serving | Per 100g |
|---|-------------|----------|
| Energy (kJ/kcal)                          | 1764 /422   | 443 /106 |
| Fat (g)                                   | 15.9        | 4.0      |
| Sat. Fat (g)                              | 8.6         | 2.2      |
| Carbohydrate (g)                          | 42.2        | 10.6     |
| Sugars (g)                                | 16.9        | 4.2      |
| Protein (g)                               | 24.6        | 6.2      |
| Salt (g)                                  | 1.80        | 0.45     |

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

## Allergens

**7)** Milk **8)** Egg **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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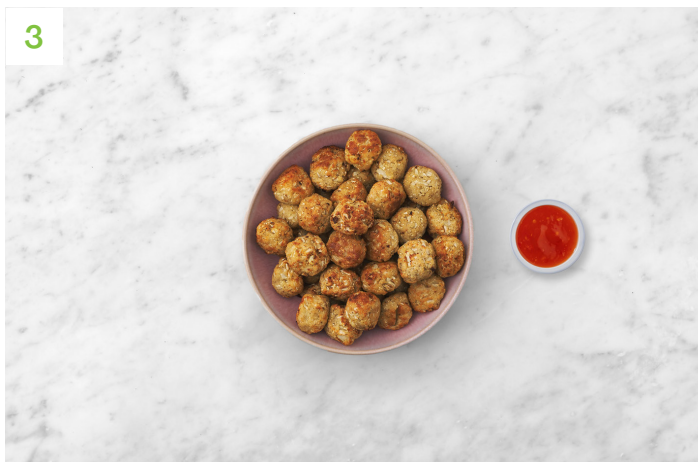
1



2



3



## Oh Grate!

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

**b)** Peel and grate the **garlic** (or use a garlic press).

**c)** 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).

## Bake the Cauli Bites

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

**b)** Divide the **cauliflower mixture** into bite sized pieces using a tablespoon and pop them onto a lined baking tray.

**c)** Drizzle the **cauli bites** with **oil** and bake on the middle shelf of your oven until crisp and golden, 20-25 mins.

## Make the Sauce

**a)** Once baked, arrange the **Cauliflower Cheese Bites** onto your serving platter with the **sweet chilli sauce** in a small bowl alongside for dipping.

Enjoy!