



Parmesan-Crumbed Cauliflower Bites

with Potato Fries & Apple-Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Garlic Aioli



Panko Breadcrumbs



All-American Spice Blend



Garlic & Herb Seasoning



Parmesan Cheese



Apple



Carrot



Mixed Salad Leaves



Flaked Almonds



Parmesan Cheese

Recipe Update

We've replaced the cucumber in this recipe with apple due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart[^]

[^]Custom Recipe is not Calorie Smart

Try our new trick for crumbed cauliflower, where garlic aioli acts as the glue for a flavourful mix of panko breadcrumbs, spices and sharp Parmesan. Serve with hand cut fries and an almond-adorned salad for a hearty meal with a whole lot of attitude!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 large portion	2 large portions
garlic aioli	1 medium packet	1 large packet
panko breadcrumbs	1 medium packet	2 medium packets
All-American spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
apple	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	439kJ (105Cal)
Protein (g)	18.4g	3.1g
Fat, total (g)	30.1g	5.1g
- saturated (g)	5g	0.8g
Carbohydrate (g)	67.4g	11.4g
- sugars (g)	24.7g	4.2g
Sodium (mg)	1092mg	185mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2801kJ (669Cal)	464kJ (110Cal)
Protein (g)	22.5g	3.7g
Fat, total (g)	33.8g	5.6g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	67.7g	11.2g
- sugars (g)	24.8g	4.1g
Sodium (mg)	1225mg	203mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the potato fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

3



Make the salad

- While the cauliflower is baking, thinly slice **apple** into wedges.
- Grate **carrot**.
- In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **mixed salad leaves**, **apple** and **carrot**. Toss to coat.
- In a small bowl, combine remaining **aioli** with a splash of **water**.

2



Prep & bake the cauliflower

- Meanwhile, cut **cauliflower** into small florets.
- In a medium bowl, add half the **garlic aioli**. In a second medium bowl, combine **panko breadcrumbs**, **all-American spice blend**, **garlic & herb seasoning**, **Parmesan cheese** and a good drizzle of **olive oil**.
- Toss a handful of **cauliflower** in the **aioli** until well coated. Transfer to **breadcrumb mixture** and toss to coat. Transfer to a second lined oven tray, then repeat with remaining **cauliflower**.
- Spread **cauliflower** out in a single layer. Bake until golden, **20-25 minutes**.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time.

Custom Recipe: If you've doubled your Parmesan cheese, add half of the Parmesan to the crumbing mixture as above.

4



Serve up

- Divide Parmesan-crumbed cauliflower, potato fries and apple salad between plates. Dollop remaining aioli over cauliflower.
- Sprinkle **flaked almonds** over salad to serve. Enjoy!

Custom Recipe: Sprinkle the remaining Parmesan cheese over the cauliflower to serve.

Rate your recipe

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