



# Bang Bang Cauliflower

with Stir-Fried Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Cauliflower



Mayonnaise



Sweet Chilli Sauce



Panko Breadcrumbs



Garlic



Jasmine Rice



Capsicum



Carrot



Spring Onion



Cucumber



Chilli Flakes (Optional)

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (optional chilli flakes)

We've given the popular Chinese recipe a remix, using panko-crumbed and baked cauliflower instead of chicken. Top it off with a quick and creamy bang bang sauce for a dish that has all the flavour and "Bang!" of the original.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray with lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
mayonnaise	1 packet (100g)	2 packets (200g)
sweet chilli sauce	1 packet (100g)	2 packet (200g)
panko breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
spring onion	1 stem	2 stems
cucumber	1	2
rice wine vinegar*	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
soy sauce*	½ tbs	1 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4015kJ (960Cal)	572kJ (137Cal)
Protein (g)	16.4g	2.3g
Fat, total (g)	40.4g	5.8g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	124.7g	17.8g
- sugars (g)	40.6g	17.8g
Sodium (mg)	1488mg	212mg

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



## Bake the cauliflower

Preheat the oven to **220°/200°C fan-forced**. Cut the **cauliflower** into small florets. In a large bowl, combine 1/2 the **mayonnaise** and 1/2 the **sweet chilli sauce**. On a plate, combine the **panko breadcrumbs**, the **salt** and a good drizzle of **olive oil**. Toss the **cauliflower** in the **sweet chilli mayonnaise** until well coated, then take a handful of **cauliflower** and coat with the **panko breadcrumbs**. Transfer to a lined oven tray. Repeat with the remaining **cauliflower**. Spread out evenly, then bake until tender, **25-30 minutes**.

**TIP:** If the cauliflower doesn't fit in a single layer, spread across two trays!



## Make the bang bang sauce

In a small bowl, combine the **rice wine vinegar**, **chilli flakes** (if using) and the remaining **sweet chilli sauce** and **mayonnaise**.

**TIP:** Use as much or as little chilli flakes as you like!



## Cook the garlic rice

While the cauliflower is baking, finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** to the pan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Stir-fry the veggies

When the rice has **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Stir-fry the **carrot** and **capsicum** until tender, **4-6 minutes**. Add the white parts of the **spring onion** and the **soy sauce** and cook, tossing, until wilted, **1 minute**.



## Get prepped

While the rice is cooking, thinly slice the **capsicum**. Thinly slice the **carrot** into half-moons. Thinly slice the **spring onion**, keeping the white and green parts separate. Thinly slice the **cucumber**.



## Serve up

Divide the garlic rice between bowls. Top with the bang bang cauliflower, stir-fried veggies and cucumber. Serve drizzled with the bang bang sauce and sprinkled with the green parts of the spring onion.

Enjoy!

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