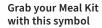
# Bang Bang Cauliflower with Stir-Fried Veggies & Garlic Rice















Sweet Chilli



Panko Breadcrumbs

Sauce











Spring Onion



Cucumber



Chilli Flakes (Optional)



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*	1/4 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4015kJ (960Cal)	<b>572kJ</b> (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 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!



### 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!



# 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**.



# 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!



# 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**.



### 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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