



DUKKAH ROASTED CAULIFLOWER TOSS

with Minty Lemon Yoghurt



Make a minty yoghurt



Cauliflower



Red Onion



Sweet Potato



Lemon



Dukkah



Mint



Greek Yoghurt



Rocket Leaves



Sunflower Seeds

Pantry Staples



Olive Oil



Salt

Hands-on: 10 mins
Ready in: 40 mins

Cauliflower sometimes gets shunted to the back of the school photo – he’s not exactly a scene stealer. But dress him up in a little dukkah and give him a major role, and ta-da! Turns out little cauliflower is quite the star after all.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **medium bowl**, **spoon** and a **large bowl**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Chop the **cauliflower** into small 2 cm florets. Slice the **red onion** into 2 cm thick wedges. Dice the **sweet potato** (unpeeled) into 1 cm cubes. Slice the **lemon** into wedges.



2 COOK THE VEGETABLES

Place the **cauliflower**, **red onion** and **sweet potato** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and sprinkle over the **dukkah**. Add **1/2 the salt (use suggested amount)** and a **pinch of pepper** and toss to coat. Place in the oven to cook for **30-35 minutes**, or until golden and tender. **TIP:** *The veggies are cooked when they are easily pierced with a knife.*



3 MAKE THE MINTY YOGHURT

While the veggies are cooking, pick the **mint** leaves and roughly chop until you have **1 tbs for 2 people/2 tbs for 4 people**. In a medium bowl, combine the **Greek yoghurt**, the **remaining salt** and the mint. Squeeze over the juice from the **lemon wedges** and season to taste with a **pinch of pepper**. **TIP:** *Add as much or as little lemon juice as you like depending on your taste preference.*



4 MIX IT ALL TOGETHER

Remove the veggies from the oven and transfer to a large bowl. Add the **rocket leaves** and toss to combine. **TIP:** *Toss just before serving to prevent the rocket leaves from wilting.*



5 ADD THE MINTY YOGHURT

Just before serving, squeeze over the juice from the **remaining lemon wedges (optional)** and **drizzle** with the **minty yoghurt**.



6 SERVE UP

Divide the dukkah roasted cauliflower toss between bowls and sprinkle over the **sunflower seeds**. Garnish with the remaining mint leaves.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
red onion	1	2
sweet potato	400 g	800 g
lemon	½	1
dukkah	1 sachet (2 tbs)	2 sachets (4 tbs)
salt*	½ tsp	1 tsp
mint	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
rocket leaves	1 bag	1 bag
sunflower seeds	1 packet (2 tbs)	2 packets (4 tbs)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2130kJ (509Cal)	329kJ (79Cal)
Protein (g)	17.8g	2.7g
Fat, total (g)	26.4g	4.1g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	44.7g	6.9g
- sugars (g)	24.6g	3.8g
Sodium (g)	445mg	69mg

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