

# Honey-Chipotle Cauliflower & Spiced Fries

with Sour Cream & Chive Slaw



Potato



Cauliflower



All-American Spice Blend



Chives



Cucumber



Aussie Spice Blend



Mild Chipotle Sauce



Panko Breadcrumbs



Light Sour Cream



Slaw Mix

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

Calorie Smart

We've swapped wings for cauliflower, and slathered the florets in a killer honey-chipotle sauce. Complete with mildly spiced fries and a creamy, tangy slaw, this is a dish even meat lovers will approve.

### Pantry items

Olive Oil, Honey, White Wine Vinegar



## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	2 sachets
cauliflower	1 large portion	2 large portions
honey*	1 tbs	2 tbs
mild chipotle sauce	1 packet	2 packets
all-American spice blend	1 sachet	2 sachets
panko breadcrumbs	1 medium packet	1 large packet
chives	1 bag	1 bag
light sour cream	1 medium packet	1 large packet
cucumber	1	2
slaw mix	1 small bag	1 large bag
white wine vinegar*	2 tsp	4 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (503Cal)	316kJ (75Cal)
Protein (g)	15.5g	2.3g
Fat, total (g)	13.9g	2.1g
- saturated (g)	5g	0.8g
Carbohydrate (g)	74.5g	11.2g
- sugars (g)	25.4g	3.8g
Sodium (mg)	1269mg	190mg

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.

1



## Prep the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **Aussie spice blend** and season with **salt**. Toss to coat. Set aside.

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

2



## Prep the cauliflower

Cut the **cauliflower** into small florets. In a medium bowl, combine the **honey**, **mild chipotle sauce**, **all-American spice blend**, a pinch of **salt** and some **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). On a plate, combine the **panko breadcrumbs** and a good drizzle of **olive oil**. Toss the **cauliflower** in the **honey-chipotle mixture** until well coated. Press a handful of **cauliflower** into the **breadcrumbs**, turning to coat. Repeat with the remaining **cauliflower**.

3



## Bake the fries & cauliflower

Spread the **crumbed cauliflower** over a second lined oven tray. Bake the **fries** and **cauliflower** until tender, **20-25 minutes**.

**TIP:** Spacing out the cauliflower helps it bake evenly!

4



## Make the sour cream dressing

While the fries and cauliflower are baking, finely chop the **chives**. In a small bowl, combine the **light sour cream** and 1/2 the **chives**.

5



## Make the slaw

Thinly slice the **cucumber**. In a large bowl, combine the **cucumber**, **slaw mix**, **white wine vinegar** and 1/2 the **sour cream dressing**. Toss to coat. Season to taste.

6



## Serve up

Divide the honey-chipotle cauliflower, spiced fries and sour cream and chive slaw between plates. Sprinkle with the remaining chives. Serve with the remaining sour cream and chive dressing.

Enjoy!

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