



MEXICAN SPICED CAULIFLOWER

with Charred Corn & Black Bean Slaw & Fetta



Char corn for extra flavour



Corn



Cauliflower



Black Beans



Slaw Mix



Lime



Mayonnaise



Mexican Fiesta Spice Blend



Fetta

- Hands-on: **20 mins**
Ready in: **30 mins**
- Low calorie
- Spicy (Mexican Fiesta spice blend)

Add Mexican flavours (don't forget to adjust your spice level to suit!) to fried cauliflower and you'll transform this classic vegetable into a flavour sensation! This colourful bowl is creamy, rich and crunchy – just like the best salads should be.

Pantry Staples: Olive Oil, Plain Flour

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Slice the kernels off the **corn** cob.
TIP: Do this in a large bowl to prevent the kernels from going everywhere! Cut the **cauliflower** into 2cm pieces. Drain and rinse the **black beans** (see ingredients list). Add the **slaw mix** and black beans to a large bowl. Set aside. Zest the **lime** to get a **pinch** then slice into wedges. Add the lime zest, **mayonnaise** and **water (for the mayo)** to a small bowl with a squeeze of lime juice. Season with **salt** and **pepper** and mix well.
TIP: Cut the cauliflower to the correct size to ensure it cooks in the allocated time!



2 CHAR THE CORN

Heat a large frying pan over a high heat. Once hot, add the **corn** kernels and cook for **4-5 minutes**, or until lightly browned. Transfer to the bowl with the slaw. **TIP:** Cover the pan with a lid if the kernels are jumping out.



3 COAT THE CAULIFLOWER

In a large bowl, place the **salt, plain flour, Mexican Fiesta spice blend** and **water (for the batter)**. Whisk to combine, then add the **cauliflower** and toss well to coat.



4 FRY THE CAULIFLOWER

In the large frying pan, heat enough **olive oil** to coat the base of the pan over a medium-high heat. When the oil is hot, add **1/2** the **cauliflower** and cook, turning occasionally, for **5-6 minutes** or until golden and softened. **TIP:** Add a little more oil if the cauliflower soaks it all up! Transfer to a plate lined with paper towel. Repeat with the remaining cauliflower.



5 BRING IT ALL TOGETHER

Add a **squeeze of lime juice** to the large bowl with the slaw. **Drizzle** with a little **olive oil** and season generously with **salt** and **pepper**. Toss to combine.



6 SERVE UP

Divide the black bean slaw between bowls and drizzle with the lime mayonnaise. Top with the Mexican cauliflower and crumble over the **fetta**. Serve with the remaining lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
corn	1	2
cauliflower	1 portion	2 portions
black beans	½ tin	1 tin
slaw mix	1 bag (150 g)	1 bag (300 g)
lime	1	2
mayonnaise	1 tubs (40 g)	2 tubs (80 g)
water* (for the mayo)	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
plain flour*	½ cup	¾ cup
Mexican Fiesta spice blend	1 sachet	2 sachets
water* (for the batter)	¾ cup	1½ cup
fetta	1 block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (533Cal)	447kJ (107Cal)
Protein (g)	20.5g	4.1g
Fat, total (g)	31.9g	6.4g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	39.3g	7.9g
- sugars (g)	9.2g	1.9g
Sodium (g)	1410mg	283mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK7

