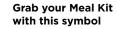


# **Mexican Spiced Cauliflower Bowl**

with Cheesy Sweet Potato & Corn Salsa









**Sweet Potato** 





**Shredded Cheddar** 









**Mexican Fiesta** 



Spice Blend





Tomato









Mild Chipotle Sauce



Mayonnaise

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



Naturally gluten-free Not suitable for Coeliacs

Spicy (Mexican Fiesta spice blend)

This dish is all about the little differences. Roasted sweet potato is topped with melted cheese, cauliflower is tossed in Mexican spices before being baked until crisp and golden, and mayo is flavoured with chipotle. They all combine to make a colourful bowl that's incredibly more-ish.

Pantry items Olive Oil

### Before you start

Our fruit and veggies need a little wash first!

#### You will need

Two oven trays lined with baking paper · Medium frying pan

#### Ingredients

|                               | 2 People            | 4 People            |
|-------------------------------|---------------------|---------------------|
| olive oil*                    | refer to method     | refer to method     |
| sweet potato                  | 2                   | 4                   |
| shredded<br>Cheddar cheese    | 1 packet<br>(50g)   | 1 packet<br>(100g)  |
| garlic                        | 2 cloves            | 4 cloves            |
| cauliflower                   | 1 portion<br>(200g) | 1 portion<br>(400g) |
| Mexican Fiesta<br>spice blend | ½ sachet            | 1 sachet            |
| corn                          | 1 cob               | 2 cobs              |
| tomato                        | 1                   | 2                   |
| coriander                     | 1 bag               | 1 bag               |
| lime                          | 1                   | 2                   |
| slaw mix                      | 1 bag<br>(150g)     | 1 bag<br>(300g)     |
| mild chipotle sauce           | 1 tub<br>(40g)      | 2 tubs<br>(80g)     |
| mayonnaise                    | 1 packet<br>(40g)   | 2 packets<br>(80g)  |
|                               |                     |                     |

<sup>\*</sup>Pantry Items

#### **Nutrition**

|                  | Per Serving     | Per 100g             |
|------------------|-----------------|----------------------|
| Energy (kJ)      | 1930kJ (461Cal) | <b>331kJ</b> (79Cal) |
| Protein (g)      | 16.8g           | 2.9g                 |
| Fat, total (g)   | 20.6g           | 3.5g                 |
| - saturated (g)  | 6.4g            | 1.1g                 |
| Carbohydrate (g) | 46.4g           | 8.0g                 |
| - sugars (g)     | 21.5g           | 3.7g                 |
| Sodium (g)       | 982mg           | 168mg                |

#### **Allergens**

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



## 1. Roast the sweet potato

Preheat the oven to 240°C/220°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the sweet potato, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat, then bake until tender, 20-25 minutes. For the last 5 minutes of cook time, sprinkle over the shredded Cheddar cheese and return to the oven until melted.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time!



#### 2. Roast the cauliflower

SPICY: The spice blend is spicy, use less if you're sensitive to heat! While the sweet potato is roasting, finely chop the garlic (or use a garlic press). Cut the cauliflower into small florets. Place the garlic and cauliflower on a second oven tray lined with baking paper. Sprinkle with the Mexican Fiesta spice blend (see ingredients list), drizzle with olive oil and season with salt and pepper. Toss to coat, then roast until just tender and golden, 15-20 minutes.



## 3. Get prepped

While the cauliflower is in the oven, slice the kernels from the **corn** cob. Roughly chop the **tomato**. Roughly chop the **coriander**. Zest the **lime** to get a **pinch**, then slice into wedges. Place the **slaw mix** in a bowl with a **good squeeze** of **lime juice**. Season with **salt** and **pepper** and toss to coat. Set aside. In a small bowl, mix together the **lime zest, mild chipotle sauce** and **mayonnaise**. Set aside.



### 4. Char the corn

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, tossing occasionally, until lightly browned, **4-5 minutes**. Transfer to a bowl and allow to cool slightly.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## 5. Make the salsa

Just before serving, add the **tomato** and **1/2** the **coriander** to the bowl with the **corn**. **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**.



# 6. Serve up

Divide the cheesy sweet potato, slaw, Mexican cauliflower and corn salsa between bowls. Drizzle with the chipotle mayonnaise and garnish with the remaining coriander. Serve with any remaining lime wedges.

**TIP:** Serve everything tossed together if you prefer!

**Enjoy!**