



Mexican Spiced Cauliflower Bowl

with Cheesy Sweet Potato & Corn Salsa

Grab your Meal Kit
with this symbol



Sweet Potato



Shredded Cheddar
Cheese



Garlic



Cauliflower



Mexican Fiesta
Spice Blend



Corn



Tomato



Coriander



Lime



Slaw Mix



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)



Low Calorie

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 Cheddar cheese	1 packet (50g)	1 packet (100g)
garlic	2 cloves	4 cloves
cauliflower	1 portion (200g)	1 portion (400g)
Mexican Fiesta 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 (150g)	1 bag (300g)
mild chipotle sauce	1 tub (40g)	2 tubs (80g)
mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1930kJ (461Cal)	331kJ (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](https://www.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!