



Spiced Cauliflower Toss & Cheesy Croutons

with Onion Chutney, Herby Mayo & Almonds

Grab your Meal Kit
with this symbol



Cauliflower



Carrot



Zucchini



All-American
Spice Blend



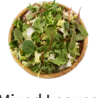
Bake-At-Home
Ciabatta



Garlic & Herb
Seasoning



Grated Parmesan
Cheese



Mixed Leaves



Caramelised
Onion Chutney



Dill & Parsley
Mayonnaise



Flaked Almonds



Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **15-25 mins**
Ready in: **30-40 mins**



Calorie Smart

Toss a trayful of perfectly spiced veg with peppery greens and caramelised onion chutney. Top with Parmesan-spiked croutons, our dill and parsley mayo for creaminess, plus almonds for extra crunch, and you have a vego dish sure to win everyone over.

Pantry items

Olive Oil, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
carrot	1	2
zucchini	1	2
All-American spice blend	1 medium sachet	1 large sachet
bake-at-home ciabatta	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mixed leaves	1 small bag	1 medium bag
caramelised onion chutney	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (544Cal)	471kJ (112Cal)
Protein (g)	17.1g	3.5g
Fat, total (g)	26g	5.4g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	59.5g	12.3g
- sugars (g)	24.1g	5g
Sodium (mg)	1425mg	294mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **carrot** and **zucchini** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**. Toss to coat.
- Roast until tender and browned around the edges, **20-25 minutes**. Set aside to cool slightly.

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

3



Bring it all together

- To slightly cooled roast **veggie** tray, add **mixed leaves**, **caramelised onion chutney** and a drizzle of **white wine vinegar**.
- Toss to combine.

2



Bake the croutons

- While veggies are roasting, cut or tear **ciabatta** into bite-sized chunks.
- Place on a second lined oven tray, then drizzle with **olive oil** and sprinkle with **garlic & herb seasoning**. Toss to coat.
- Sprinkle with **grated Parmesan cheese**.
- Bake until golden, **5-8 minutes**.

TIP: Adding enough olive oil ensures the croutons get crunchy and golden!

4



Serve up

- Divide spiced cauliflower toss between plates.
- Top with cheesy croutons and a drizzle of **dill & parsley mayonnaise**.
- Sprinkle with **flaked almonds** to serve.

Enjoy!

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