



# Crispy Cauliflower Topped Bean Chilli

with courgette and coriander

Veggie 30-35 mins • Optional spice

14



Yoghurt



Cauliflower



Breadcrumbs



Central American Style Spice Mix



Cannellini Beans



Courgette



Garlic



Chilli



Coriander



Chopped Tomato with Onion & Garlic



Aioli

Pantry Items: Salt, Oil, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, sieve

## Ingredients

	2P	4P
Yoghurt	75 g	150 g
Cauliflower	1 unit	2 units
Breadcrumbs	2 packs	4 packs
Central American Style Spice Mix	2 sachets	4 sachets
Cannellini Beans	1 pack	2 packs
Courgette	1 unit	2 units
Garlic	1 unit	2 units
Chilli	1 unit	2 units
Coriander	5 g	10 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Aioli	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	779 g	100 g
Energy (kJ/kcal)	2916.2 kJ/ 697 kcal	374.4 kJ/ 89.5 kcal
Fat (g)	21.6 g	2.8 g
Sat. Fat (g)	3 g	0.4 g
Carbohydrate (g)	89.9 g	11.5 g
Sugars (g)	22.9 g	2.9 g
Protein (g)	28.7 g	3.7 g
Salt (g)	5.6 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Coat the Cauliflower

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets.
- Pop the florets into a bowl and season with **salt** and **pepper**. Add the **aioli** and toss to coat.
- In another small bowl, mix the **breadcrumbs** with ½ tsp **salt** (double for 4p) **half** the **Central American spice mix** and a glug of **oil**.
- Add the **breadcrumbs** to the **cauliflower** and toss to coat evenly.



### Start the Stew

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Add the **courgette** and cook, stirring, for 3 mins.
- Stir in the **garlic** and remaining **Central American spice** and cook for 1 min more.
- Add the **chopped tomatoes** and 75ml **water** (double for 4p).
- Bring to a simmer, then leave to cook for 5 mins.



### Bake the Nuggets

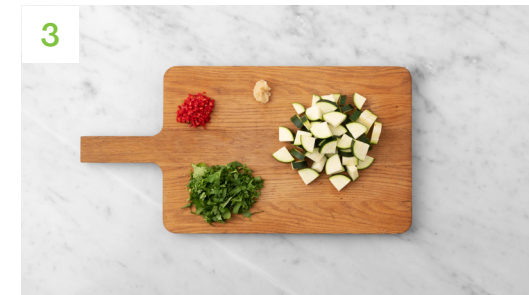
- Pop the coated **cauliflower** onto a lined baking tray and spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and crispy, 20-25 mins.



### Simmer the Stew

- Meanwhile, drain and rinse the **cannellini beans** in a sieve.
- Transfer **one-third** to a bowl and crush with a fork.
- When the stew has simmered for 5 mins, add the whole and crushed **beans**.
- Cook until slightly reduced, 5-6 mins.
- Stir **half** the **coriander** into the stew. Remove from the heat. Season with **salt** and as much **chilli** as you like (use less if you don't like spice).

**TIP:** Loosen with a splash of water if you feel it's become too thick.



### Prep the Veg

- Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed and finely chop.
- Roughly chop the **coriander** (stalks and all).



### Garnish and Serve

- When the **cauliflower** nuggets are crisp, remove from the oven.
- Spoon the **bean** stew into bowls and add a dollop of **yoghurt**.
- Carefully arrange the **cauliflower** on top.
- Finish with a sprinkling of the remaining **coriander**.

Enjoy!