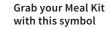


# Potato, Cauliflower & Herb Gratin

with Tomato Salad & Almonds

CLIMATE SUPERSTAR













All-American Spice Blend







Panko Breadcrumbs

(Optional)







Flaked Almonds

Vegetable Stock





Plant-Based

**Grated Parmesan** 







Leaves



**Pantry items** 

Olive Oil, Butter, White Wine Vinegar, Honey, Balsamic Vinegar

Prep in: 25-35 mins Ready in: 40-50 mins

Calorie Smart\* \*Custom Recipe is not Calorie Smart A warm gratin at the end of the day can leave you feeling refreshed and relaxed. Sit back as the potato and cauliflower are roasting, then add them to a creamy sauce to bake in the oven until golden. You'll get fuzzy feelings when it's ready to serve.

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

#### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 portion (200g)	1 portion (400g)
All-American spice blend	1 medium sachet	1 large sachet
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes ∮ (optional)	pinch	pinch
flaked almonds	1 packet	2 packets
butter*	20g	40g
white wine vinegar*	drizzle	drizzle
vegetable stock powder	1 medium sachet	1 large sachet
plant-based cream	½ medium packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
tomato	1	2
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2183kJ (521Cal)	409kJ (97Cal)
Protein (g)	16.7g	3.1g
Fat, total (g)	24g	4.5g
- saturated (g)	9g	1.7g
Carbohydrate (g)	58.1g	10.9g
- sugars (g)	21.1g	4g
Sodium (mg)	1312mg	246mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2768kJ (661Cal)	474kJ (113Cal)
Protein (g)	24.7g	4.2g
Fat, total (g)	36.1g	6.2g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	58.1g	10g
- sugars (g)	21.1g	3.6g
Sodium (mg)	1711mg	293mg

The quantities provided above are averages only.

#### Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





## Roast the potato & cauliflower

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks. Cut cauliflower into small florets.
- Place **veggies** on a lined oven tray. Drizzle with olive oil, sprinkle with All-American spice **blend** and season with **pepper**.
- Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.

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



## Get prepped

- Meanwhile, thinly slice onion.
- Finely chop garlic. Finely chop parsley.
- In a medium bowl, combine a generous drizzle of olive oil, the parsley, panko breadcrumbs (see ingredients) and a pinch of chilli flakes (if using). Season with **pepper**.



### Make the sauce

- · When the veggies have 10 minutes remaining, heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until toasted, 3-5 minutes. Transfer to a small bowl.
- Return the pan to medium-high heat with the butter and a drizzle of olive oil. Cook onion, stirring, until softened, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
- Remove pan from heat. Add a drizzle of white wine vinegar, the vegetable stock powder, plant-based cream (see ingredients) and grated Parmesan cheese. Stir to combine. Season to taste.

Custom Recipe: If you've added diced bacon, before cooking the sauce, reheat frying pan to medium-high heat with a drizzle of olive oil. Cook bacon, breaking it up with a spoon, until golden, 6-7 minutes. Continue with step.



## Bake the creamy gratin

- Add roasted veggies to the frying pan. Stir to coat, then transfer mixture to a baking dish.
- Sprinkle **panko mixture** evenly over the top.
- · Bake gratin until golden, 5-7 minutes.



## Make the salad

- · While the gratin is baking, roughly chop tomato.
- In a second medium bowl, combine the honey and a drizzle of balsamic vinegar. Season, then add tomato and mixed salad leaves. Toss to coat.



## Serve up

- Divide potato, cauliflower and herb gratin between plates.
- · Sprinkle over toasted almonds. Serve with tomato salad. Enjoy

#### Rate your recipe

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