



Potato, Cauliflower & Herb Gratin

with Tomato Salad & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



All-American Spice Blend



Onion



Garlic



Parsley



Panko Breadcrumbs



Chilli Flakes (Optional)



Flaked Almonds



Vegetable Stock Powder



Plant-Based Cream



Grated Parmesan Cheese



Tomato



Mixed Salad Leaves



Diced Bacon

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

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

	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

*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

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1



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.

4



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**.

2



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**.

5



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.

3



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.

6



Serve up

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

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