



Cheesy Mustard Cauliflower Filo Tart

with Apple Salad

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Onion



Garlic & Herb Seasoning



Apple



Dijon Mustard



Filo Pastry



Shredded Cheddar Cheese



Mixed Salad Leaves



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 45-55 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

We spy with our hungry eye a golden crunchy veggie delight. Roasted cauliflower and onion are tossed in a creamy, mustardy sauce and baked in layers of flaky filo with a layer of golden, melty Cheddar on top. Beware, everyone will be demanding more!

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

Pantry items

Olive Oil, Butter, Plain Flour, Milk, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
apple	1	2
butter*	40g	80g
plain flour*	2 tbs	¼ cup
milk*	¾ cup	1½ cups
Dijon mustard	½ medium packet	1 medium packet
filo pastry	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	486kJ (116Cal)
Protein (g)	20.7g	3.8g
Fat, total (g)	31.2g	5.7g
- saturated (g)	16.4g	3g
Carbohydrate (g)	64.3g	11.8g
- sugars (g)	19.2g	3.5g
Sodium (mg)	1094mg	200mg
Dietary Fibre (g)	7.2g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3013kJ (720Cal)	532kJ (127Cal)
Protein (g)	25.3g	4.5g
Fat, total (g)	38.7g	6.8g
- saturated (g)	20.9g	3.7g
Carbohydrate (g)	64.3g	11.4g
- sugars (g)	19.2g	3.4g
Sodium (mg)	1232mg	217mg
Dietary fibre	7.2g	1.3g

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

2024 | CW23



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Chop **cauliflower** (including stalk!) into small florets. Cut **onion** (see ingredients) into wedges.
- Place **veggies** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Assemble the tart

- Evenly stack 5 sheets of **filo pastry** with a drizzle of **olive oil** between each layer and place on the lined oven tray.
- Top with **creamy mustard cauliflower** and sprinkle over **shredded Cheddar cheese** in centre of the **pastry**, leaving a 4cm border around the edge.

Custom Recipe: If you've doubled your Cheddar cheese, add extra cheese as above.

2



Get prepped

- Meanwhile, thinly slice **apple** into wedges.

5



Bring it all together

- Carefully fold **pastry** edges over filling, leaving the centre exposed.
- Bake **filo tart** until golden, **15-20 minutes**.
- Meanwhile, in a large bowl, combine **apple**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Make the white sauce

- When the veggies have **5 minutes** remaining, heat a medium saucepan over medium heat. Add the **butter** and **plain flour** and cook, stirring, until a thin paste forms, **1 minute**.
- Slowly whisk in the **milk** and cook, stirring, until thickened, **1-2 minutes**.
- Remove pan from heat, then stir through **Dijon mustard** (see ingredients). Season with **salt** and **pepper**.
- Add **roasted veggies** to the saucepan with the white sauce and stir to combine.

6



Serve up

- Slice cheesy mustard cauliflower filo tart. Divide between plates.
- Serve with apple salad. Enjoy!

Rate your recipe

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