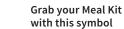


Cheesy Mustard Cauliflower Filo Tart with Apple Salad

NEW

CLIMATE SUPERSTAR













Garlic & Herb Seasoning





Dijon Mustard

Filo Pastry





Shredded Cheddar Cheese

Mixed Salad Leaves





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



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!



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

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	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
onion	1/2	1
garlic & herb seasoning	1 medium sachet	1 large sachet
apple	1	2
butter*	40g	80g
plain flour*	2 tbs	1/4 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

Nutrition

*Pantry Items **Custom Recipe Ingredient

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.

up-to-date alterger mindion. 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



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.



Get prepped

• Meanwhile, thinly slice apple into wedges.



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.



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.



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.



Serve up

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



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