



Mexican Cauliflower & Smashed Avocado Tacos

with Roast Tomato Salsa & Coriander

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Cauliflower



Onion



Mexican Fiesta Spice Blend



Cos Lettuce



Avocado



Garlic Aioli



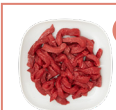
Mini Flour Tortillas



Roasted Tomato Salsa



Coriander



Beef Strips



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins

Calorie Smart

Time for another taco-tastic dinner! Mexican spices mingle with roasted cauliflower and onion for a veggie packed meal thats bursting with flavour. Paired with creamy smashed avo and tangy tomato salsa, this flavour fiesta will get your tastebuds dancing.

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
onion	½	1
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
cos lettuce	1 head	2 heads
avocado	1 small	1 large
garlic aioli	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mini flour tortillas	6	12
roasted tomato salsa	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641cal)	221kJ (53cal)
Protein (g)	15g	1.2g
Fat, total (g)	37.9g	3.1g
- saturated (g)	7.5g	0.6g
Carbohydrate (g)	55g	4.5g
- sugars (g)	15.7g	1.3g
Sodium (mg)	1445mg	119.2mg
Dietary Fibre (g)	16.5g	1.4g

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.

1



Roast the cauliflower

- 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 **Mexican Fiesta spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

3



Bring it all together

- When the **cauliflower** is done, remove tray from oven and drizzle over the **honey**. Toss to combine.
- Microwave **mini flour tortillas** on a microwave-safe plate in **10 second** bursts until warmed through.

2



Get prepped

- Meanwhile, finely shred **cos lettuce**. Slice **avocado** in half and scoop out flesh. In a medium bowl, mash **avocado** until smooth. Season to taste.
- In a large bowl, combine **cos lettuce**, **garlic aioli** and a drizzle of **olive oil**. Season to taste.

4



Serve up

- Bring everything to the table.
- Build your own tacos by topping with some smashed avocado, cos lettuce and Mexican cauliflower.
- Top with a dollop of **roasted tomato salsa** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

