



# Cheesy Cauliflower Galette

with Filo Pastry & Apple Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Cauliflower



Onion



Garlic & Herb Seasoning



Apple



Filo Pastry



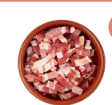
Shredded Cheddar Cheese



Mixed Salad Leaves



Parsley



Diced Bacon



Cheddar Cheese

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

Calorie Smart

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

### 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 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

Two oven trays lined with baking paper  
Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	40g	80g
<b>plain flour*</b>	2 tbs	¼ cup
<b>milk*</b>	¾ cup	1½ cups
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
<b>white wine vinegar*</b>	drizzle	drizzle
parsley	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629cal)	266kJ (64cal)
Protein (g)	20.8g	2.1g
Fat, total (g)	30.7g	3.1g
- saturated (g)	16.4g	1.7g
Carbohydrate (g)	64.7g	6.5g
- sugars (g)	20.5g	2.1g
Sodium (mg)	1094mg	110.7mg
Dietary Fibre (g)	6.2g	0.6g

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](https://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 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**.

2



## Get prepped

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

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 season with **salt** and **pepper**.
- Add **roasted veggies** to the saucepan with the **white sauce** and stir to combine.

4



## Assemble the galette

- 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 veggies** and sprinkle over **shredded Cheddar cheese** in centre of the **pastry**, leaving a 4cm boarder around the edge.

5



## Bring it all together

- Carefully fold **pastry** edges over **filling**, leaving the centre exposed.
- Bake **galettes** 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.

6



## Serve up

- Slice galette.
- Divide apple garden salad and cheesy cauliflower galette between plates.
- Tear over **parsley** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



### CUSTOM OPTIONS

#### + ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over filling.

#### + DOUBLE CHEDDAR CHEESE

Follow method above.

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

