



# Cauliflower & Smashed Avocado Tacos

with Roast Tomato Salsa & Coriander

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



Chicken Breast



Beef Strips

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 that's 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
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
roasted tomato salsa	1 medium packet	2 medium packets
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (480cal)	480kJ (87cal)
Protein (g)	15g	2.7g
Fat, total (g)	37.3g	6.7g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	54.9g	9.9g
- sugars (g)	15.6g	2.8g
Sodium (mg)	1436mg	259.7mg
Dietary Fibre (g)	16.5g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## 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.
- **SPICY!** *This spice blend is hot! Add less if you're sensitive to heat.* 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 | CW50



## CUSTOM OPTIONS



### ADD CHICKEN BREAST

Cut chicken breast into bite-sized chunks. Cook, until browned, 4-5 minutes. Continue with recipe.



### ADD BEEF STRIPS

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

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

