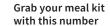


Cauliflower & Smashed Avocado Tacos

with Roast Tomato Salsa & Coriander

CLIMATE SUPERSTAR











Mexican Fiesta Spice Blend











Mini Flour Tortillas

Roasted Tomato Salsa



Coriander



Chicken Breast



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

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	1/2	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	2 medium packets
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2657kJ (480cal)	480kJ (87cal)
15g	2.7g
37.3g	6.7g
7.4g	1.3g
54.9g	9.9g
15.6g	2.8g
1436mg	259.7mg
16.5g	3g
	2657kJ (480cal) 15g 37.3g 7.4g 54.9g 15.6g 1436mg

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.



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.



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.



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.



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!





