



# CHEESY CAULIFLOWER & BROCCOLI BAKE

with Lemony Green Beans



Make a creamy mustard sauce



Cauliflower



Broccoli



Brown Onion



Garlic



Parsley



Thyme



Lemon



Shredded Cheddar Cheese



Panko Breadcrumbs



Dijon Mustard



Pure Cream



Vegetable Stock



Feta



Green Beans



Carrot



Hands-on: 30 mins  
Ready in: 35 mins

Get ready to perform some kitchen magic, because the transformation that occurs when this veggie bake goes in the oven is really quite astonishing. The roasted cauliflower and broccoli mix and mingle with the feta and creamy mustard sauce to become velvety and packed with flavour, while the panko topping turns into a golden cheesy crust with a hint of citrus. No wand required!

**Pantry Staples:** Olive Oil, Butter, Plain Flour

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan** • **medium baking dish**



## 1 ROAST THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** and **broccoli** into small florets and roughly chop the stalks. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15-20 minutes**.



## 2 GET PREPPED

While the veggies are roasting, thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves. Roughly chop the **parsley**. Zest the **lemon** to get a **good pinch**, then cut in half. In a medium bowl, combine the parsley, lemon zest, **shredded Cheddar cheese** and **panko breadcrumbs**. **Drizzle generously** with **olive oil** and season with **salt** and **pepper**. Stir to combine.



## 3 MAKE THE SAUCE

Heat the **butter** and a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and cook, stirring occasionally, until softened, **3-4 minutes**. Add the **garlic** and **thyme** and cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until the onion is coated, **2 minutes**. Remove the pan from the heat, add the **Dijon mustard**, **pure cream** (see ingredients list) and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine and season to taste with **salt** and **pepper**.



## 4 FINISH THE BAKE

Add the roasted **cauliflower** and **broccoli** to the frying pan and crumble in the **feta**. Stir to coat. Transfer the mixture to a medium baking dish. Sprinkle with the **cheesy breadcrumb mixture** and bake until golden and the cheese has melted, **8-12 minutes**.



## 5 COOK THE BEANS & CARROT

While the bake is in the oven, trim the **green beans**. Cut the **carrot** (unpeeled) into thin matchsticks. Wash the frying pan and return to a medium-high heat. Add the **green beans**, carrot, a **good squeeze** of **lemon** juice and a **dash** of water. Cook, tossing, until the veggies are tender, **4-5 minutes**. Add more lemon or water as you go to speed up the cooking process and help the veggies cook evenly. Season to taste with **salt** and **pepper**.



## 6 SERVE UP

Divide the cheesy cauliflower and broccoli bake between plates and serve with the lemony veggies on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	1 portion
broccoli	1 head	2 heads
brown onion	1	2
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
lemon	1	2
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
panko breadcrumbs	1 packet	2 packets
butter*	20 g	40 g
plain flour*	4 tsp	2 ½ tbs
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
pure cream	½ bottle (150 ml)	1 bottle (300 ml)
vegetable stock	1 cube	2 cubes
feta	1 block (50 g)	1 block (100 g)
green beans	1 bag (100 g)	1 bag (200 g)
carrot	1	2

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (786Cal)	490kJ (117Cal)
Protein (g)	29.2g	4.4g
Fat, total (g)	51.2g	7.6g
- saturated (g)	32.6g	4.9g
Carbohydrate (g)	46.5g	6.9g
- sugars (g)	13.8g	2.1g
Sodium (g)	1160mg	173mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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