



MEXICAN SPICED CAULIFLOWER

with Charred Corn & Black Bean Slaw & Feta



Char corn for extra flavour



Corn



Cauliflower



Black Beans



Slaw Mix



Lime



Mayonnaise



Mexican Fiesta Spice Blend



Feta



Kumara



Hands-on: **20** mins
Ready in: **30** mins



Spicy (Mexican Fiesta spice blend)

Add Mexican flavours (don't forget to adjust your spice level to suit!) to roasted cauliflower and you'll transform this classic vegetable into a flavour sensation! This colourful bowl is creamy, rich and crunchy – just like the best salads should be.

Pantry Staples: Olive Oil

BEFORE YOU START

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

- large frying pan



1 ROAST THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **kumara** (unpeeled) into 1cm pieces. Place the cauliflower and kumara on an oven tray lined with baking paper. Add the **Mexican Fiesta spice blend** and a **good drizzle of olive oil** and toss to coat. Arrange in a single layer, then roast for **20-25 minutes** or until tender. **SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste.



2 GET PREPPED

While the cauliflower and kumara are roasting, drain and rinse the **black beans** (see **ingredients list**). Zest the **lime** to get a **pinch** then slice into wedges. Slice the kernels off the **corn** cob. **TIP:** Do this in a large bowl to prevent the kernels from going everywhere!



3 COOK THE CORN & BEANS

Heat a large frying pan over a high heat. **TIP:** Cover the pan with a lid if the kernels are jumping out. Once hot, add the **corn** kernels and cook for **4-5 minutes**, or until lightly browned. Add the **black beans** and cook for **1-2 minutes**, or until warmed through.



4 DRESS THE SLAW

In a large bowl, combine the **slaw mix**, cooked **corn** and **black beans**. Add a squeeze of **lime** juice. **Drizzle** with a little **olive oil** and season generously with **salt** and **pepper**. Toss to combine.



5 MAKE THE LIME MAYO

In a small bowl, combine the **lime zest**, **mayonnaise** and **water** with a squeeze of lime juice. Season with **salt** and **pepper**.



6 SERVE UP

Divide the black bean slaw between bowls and drizzle with the lime mayo. Top with the Mexican cauliflower and kumara, and crumble over the **feta** (see **ingredients list**). Serve with the remaining lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
corn	1	2
cauliflower	1 portion	2 portions
kumara	2	4
black beans	½ tin	1 tin
slaw mix	1 bag (150 g)	1 bag (300 g)
lime	1	2
mayonnaise	1 tubs (40 g)	2 tubs (80 g)
water*	1 tsp	2 tsp
Mexican Fiesta spice blend	1 sachet	2 sachets
feta	½ block (25 g)	1 block (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	402kJ (96Cal)
Protein (g)	24.3g	3.5g
Fat, total (g)	32.1g	4.6g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	67.5g	9.7g
- sugars (g)	20.4g	2.9g
Sodium (g)	1430mg	205mg

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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