



All-American Spiced Cauliflower Nuggets

with BBQ Potato Wedges & Creamy Slaw

Grab your Meal Kit with this symbol



Potato



Barbecue Seasoning



Cauliflower



BBQ Sauce



Garlic Aioli



Panko Breadcrumbs



All-American Spice Blend



Celery



Cucumber



Spring Onion



Lime



Slaw Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 30-40 mins

For a vegetarian meal that brings together nostalgia and nutrition, try these golden nuggets of cauliflower alongside potato wedges and a creamy slaw. The cauliflower has a clever technique of using aioli to keep the crisp, lightly spiced panko crumb attached - making for moreish nuggets that will become your new obsession!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
barbecue seasoning	1 sachet	2 sachets
cauliflower	1 portion (400g)	2 portions (800g)
BBQ sauce	1 packet (40g)	1 packet (80g)
salt*	¼ tsp	½ tsp
garlic aioli	1 packet (100g)	2 packets (200g)
panko breadcrumbs	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
celery	1 stalk	2 stalks
cucumber	1 (medium)	1 (large)
spring onion	1 stem	2 stems
lime	1	2
slaw mix	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2922kJ (698Cal)	386kJ (92Cal)
Protein (g)	15.5g	2g
Fat, total (g)	35.4g	4.7g
- saturated (g)	3.4g	0.4g
Carbohydrate (g)	82.4g	10.9g
- sugars (g)	33.6g	4.4g
Sodium (mg)	2427mg	321mg

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.



Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil** and sprinkle over **BBQ seasoning**. Season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Coat the cauliflower nuggets

While the wedges are baking, cut **cauliflower** into small florets. In a medium bowl, combine **BBQ sauce**, the **salt** and 1/2 the **garlic aioli**. In a second medium bowl, combine **panko breadcrumbs** and **All-American spice blend**. Toss the **cauliflower** in the **aioli mixture** until well coated, then toss in the **panko mixture** until evenly coated.



Bake the cauliflower

Place **cauliflower** on a second lined oven tray and drizzle with **olive oil**. Bake until golden and crisp, **20-25 minutes**.



Prep the slaw

While the cauliflower is baking, thinly slice **celery**, **cucumber** and **spring onion**. Slice **lime** into wedges.



Make the slaw

In a large bowl, combine remaining **garlic aioli** with a generous squeeze of **lime juice** and a pinch of **salt** and **pepper**. Add **slaw mix**, **celery**, **cucumber** and **spring onion**. Toss to combine.



Serve up

Divide spiced cauliflower nuggets, BBQ potato wedges and creamy slaw between plates. Serve with any remaining lime wedges.

Enjoy!