Chermoula Cauliflower & Feta Salad

with Garlic Dip & Almonds

Grab your meal kit with this number 34

- Cauliflower
- Chermoula Spice Blend
- Harissa Paste
- Radish
- Cucumber
- Lemon
- Flaked Almonds
- Mixed Salad Leaves
- Garlic Dip
- Cow's Milk Feta

Add:

- Diced Bacon
- Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Carb Smart

Jump into bold, zesty flavours with this veggie-filled salad! Roasted cauliflower gets a punchy makeover with aromatic spices, then mingles with crunchy fresh veggies, nutty almonds, creamy garlic yoghurt and a refreshing burst of citrus. It's a vibrant, texture-packed salad that's perfect for spicing up your salad game!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
chermoula spice blend	1 medium sachet	1 large sachet
harissa paste	1 packet	2 packets
honey*	1 tsp	2 tsp
radish	2	4
cucumber	1 (medium)	1 (large)
lemon	½	1
flaked almonds	½ packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
garlic dip	1 medium packet	1 large packet
cow's milk feta	½ packet	1 packet

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2290kJ (547Cal)	478kJ (114Cal)
Protein (g)	20.8g	4.3g
Fat, total (g)	42.8g	8.9g
- saturated (g)	14.3g	3g
Carbohydrate (g)	16.5g	3.4g
- sugars (g)	12.6g	2.6g
Sodium (mg)	1730mg	361mg
Dietary Fibre (g)	6g	1.3g

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1

Roast the cauliflower

- Preheat oven to **220°C/200°C fan-forced**.
- Chop **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Sprinkle over **chermoula 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**.
- When the cauliflower has **10 minutes** remaining, add **harissa paste** and the **honey** and toss to coat. Roast until golden.

2

Get prepped

- Meanwhile, thinly slice **radish**. Slice **cucumber** into half-moons. Slice **lemon** into wedges.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds (see ingredients)**, tossing, until golden, **2-3 minutes**.

3

Bring it all together

- In a large bowl, combine **radish**, **cucumber**, **mixed salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

4

Finish & serve

- Divide salad between plates.
- Top with chermoula cauliflower.
- Drizzle over **garlic dip**. Garnish with toasted almonds and crumble over **cow's milk feta (see ingredients)**.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

DICED BACON:
In the last 7 minutes of cauliflower cook time, add diced bacon to tray and roast until golden.

CHICKEN BREAST:
Season with salt and pepper, then bake until golden and cooked through, 12-16 minutes. Slice before serving.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO