



# Louisiana Spiced Cauliflower & Kumara Bowl

with Chipotle Slaw, Corn Salsa & Lemon Yoghurt

Grab your Meal Kit  
with this symbol



Red Kumara



Cauliflower



Louisiana Spice  
Blend



Sweetcorn



Carrot



Coriander



Lemon



Greek-Style  
Yoghurt



Shredded Cabbage  
Mix



Mild Chipotle  
Sauce



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



Ready in: **35-45 mins**



Low calorie

For a vegetarian meal that brings together nostalgia and nutrition, try these golden nuggets of roasted cauliflower alongside chunks of kumara and a creamy chipotle slaw. Take caution, these moreish cauli-bites 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	2 (medium)	2 (large)
cauliflower	1 portion (400g)	2 portions (800g)
Louisiana spice blend	1 sachet	2 sachets
sweetcorn	½ tin	1 tin
carrot	1	2
coriander	1 bunch	1 bunch
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mild chipotle sauce	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2082kJ (497Cal)	270kJ (64Cal)
Protein (g)	16.9g	2.2g
Fat, total (g)	10.9g	1.4g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	73.3g	9.5g
- sugars (g)	30.1g	3.9g
Sodium (mg)	1381mg	179mg

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](https://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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red kumara** (unpeeled) into 2cm chunks. Cut the **cauliflower** into small florets. Divide the **kumara**, **cauliflower** and **Louisiana spice blend** between two oven trays lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, drain the **sweetcorn** (see ingredients). Grate the **carrot**. Roughly chop the **coriander**. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **lemon zest** and 1/2 the **Greek-style yoghurt**. Set aside.



## Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a medium bowl and set aside.

**TIP:** Cover the pan with a lid if the corn kernels are "popping out."



## Make the chipotle slaw

In a second medium bowl, combine the **shredded cabbage mix**, **carrot**, remaining **yoghurt** and **mild chipotle sauce**. Season with **salt**. Set aside.

**TIP:** Some like it hot, but if you don't, just hold back on the chipotle sauce.



## Make the corn salsa

Add the **coriander**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** to the charred **corn**. Season with **salt** and **pepper**. Toss to combine.



## Serve up

Divide the Louisiana spiced cauliflower and kumara between bowls. Serve with the chipotle slaw and the charred corn salsa. Top with the lemon yoghurt. Serve with any remaining lemon wedges.

## Enjoy!