



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CAULIFLOWER

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## 2. KATSU CAULIFLOWER WITH CABBAGE SALAD

 30 Minutes

 4 Servings

 Plant-based

Golden cornflake crumbed cauliflower nuggets with a pickled ginger coleslaw and wasabi mayonnaise for dipping.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
11g	41g	32g

10 February 2020

## FROM YOUR BOX

CAULIFLOWER	1
WASABI MAYONNAISE	1 jar
CORNFLAKES (GF)	1 packet (100g)
AVOCADO	1
SPRING ONIONS	1/4 bunch *
LEBANESE CUCUMBER	1
PICKLED GINGER	1/2 jar *
SNOW PEAS	1/2 bag (125g) *
KALE COLESLAW	1 bag

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt, pepper, rice wine vinegar, maple syrup (or sweetener of choice), soy sauce (or tamari)

## KEY UTENSILS

oven tray

## NOTES

Crush the cornflakes in it's packet or use a small food processor for a finer crumb.

Any leftover wasabi mayonnaise is great on roast potatoes or in a burger!



### 1. PREPARE THE CAULIFLOWER

Set oven 220°C

Cut cauliflower into small florets. Coat with 2 tbsp mayonnaise and **1 tbsp soy sauce**. Toss onto a lined oven tray.



### 2. BAKE THE CAULIFLOWER

Crush cornflakes to resemble a crumb. Toss with cauliflower until coated. Bake in oven for 20 minutes until cauliflower is tender.



### 3. PREPARE THE SALAD

Dice avocado. Slice the spring onions, cucumber and pickled ginger. Trim and slice snow peas. Toss together with coleslaw.



### 4. PREPARE THE DRESSING

Whisk together **2 tbsp vinegar**, **2 tsp maple syrup** and **1/3 cup olive oil**. Season to taste with **salt and pepper**. Toss through salad and set aside.



### 5. FINISH AND PLATE

Divide salad and cauliflower among plates. Serve with wasabi mayonnaise to taste.