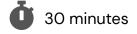




## **Cauliflower Bites**

### with Crunchy Sticks

Crumbed, oven baked cauliflower bites. Delicious and extra nutritious with seasoned lupin crumb. Served with crunchy vegetable sticks and dip.







# Spice it up!

Dice some pickled jalapeños, if you have at some, and add to the oil for coating the cauliflower. Add a few extra on the side to serve.

TOTAL FAT CARBOHYDRATES

30g 25g 44g

#### FROM YOUR BOX

CAULIFLOWER	1
LUPIN MIX	1 packet (100g)
CARROTS	2
LEBANESE CUCUMBER	1
CELERY STICKS	2
GREEN CAPSICUM	1
DIP	1 tub

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

#### **KEY UTENSILS**

oven tray x 2

#### **NOTES**

Use 1/2 the cauliflower, or to taste, if you would like leftoyers for lunch or snacks.

Leave the carrots raw if you would prefer.



#### 1. PREPARE CAULIFLOWER

Set oven to 220°C.

In a large bowl mix together 2 tbsp oil, 2 tsp cumin, salt and pepper. Cut cauliflower (see notes) into small florets and add to bowl. Mix well to coat.



#### 2. CRUMB CAULIFLOWER

Tip lupin crumb into bowl and toss well. Lay on a lined oven tray, tip over any crumbs left in the bowl. Cook for 15-20 minutes or until crispy and golden.



#### 3. COOK THE CARROTS

Cut carrots into sticks. Toss on a tray with oil, salt and pepper. Cook for 15-20 minutes until just tender (see notes).



#### 4. CUT THE VEGETABLES

Cut cucumber, celery and capsicum into sticks.



#### 5. FINISH AND SERVE

Serve cauliflower bites with crunchy sticks, carrots and dip.



