



### Product Spotlight: Cauli blossoms

Cauliflower blossoms, also known as baby cauliflower, are a hybrid of broccolini and cauliflower that boasts a tender yet crunchy texture and a delicate, nutty flavour.



## Spiced Cauli Blossom Tacos

### with Creamy Avocado Dressing

These fun and flavourful soft tacos are a tasty and satisfying meal. Filled with spiced cauli blossoms, hearty black beans, and shredded cabbage and finished with creamy avocado dressing and jalapeño.



25 minutes



2 servings



Plant-Based

31 March 2023

## Pickle the cabbage!

*Dress the cabbage with some vinegar, sugar and salt for a pickled flavour. You can keep any leftovers to add to a salad during the week!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	14g	64g

## FROM YOUR BOX

CAULI BLOSSOMS	1 punnet
TINNED BLACK BEANS	400g
AVOCADO	1
LIME	1
RED CABBAGE	1/4
JALAPENO CHILLI	1
CORN TORTILLAS	8-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, 1 garlic clove, ground cumin, smoked paprika

## KEY UTENSILS

oven tray, stick mixer or blender, frypan

## NOTES

You can use a pre-made Mexican spice mix to roast the cauli blossoms if you have some!



### 1. ROAST THE CAULI BLOSSOM

Set oven to 220°C.

Trim and halve the cauli blossoms. Toss on a lined oven tray with drained black beans and **1/2 tbsp cumin, 1/2 tbsp paprika, oil, salt and pepper** (see notes). Roast for 15 minutes.



### 4. WARM THE TORTILLAS

Warm tortillas in a dry frypan over medium-high heat for 30 seconds each side. Wrap tortillas in a clean and dry tea towel to keep warm until serving.



### 2. MAKE THE DRESSING

Blend 1/2 avocado with juice of 1/2 lime (wedge remaining), **1 chopped garlic clove, 1 tbsp vinegar** and **1/2 cup water** with a stick mixer or blender until smooth. Season with **salt and pepper** to taste.



### 3. PREPARE THE FILLINGS

Thinly shred cabbage. Slice jalapeño and remaining avocado. Set aside.



### 5. FINISH AND SERVE

Assemble tacos with cabbage, cauli blossoms, avocado and black beans. Drizzle with dressing and garnish with jalapeño. Serve with lime wedges.



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