



Product Spotlight: Cauliflower


Cauliflower is an incredible source of nutrients such as vitamin C, K and folate. Store unwashed and refrigerated until ready to use.



K4 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.

 30 minutes

 4 servings

 Plant-Based

11 February 2022

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.

Per serve: **PROTEIN** 16g **TOTAL FAT** 21g **CARBOHYDRATES** 26g

FROM YOUR BOX

CAULIFLOWER	1
LUPIN MIX	1 packet (100g)
DUTCH CARROTS	1 bunch
LEBANESE CUCUMBERS	2
CELERY STICKS	3
GREEN CAPSICUM	1
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven tray x 2

NOTES

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 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

Trim and half any large carrots. Toss on a lined tray with **oil, salt and pepper**. Cook for 15–20 minutes until just tender (see notes).



4. CUT THE VEGETABLES

Cut cucumbers, celery and capsicum into sticks.



5. FINISH AND SERVE

Serve cauliflower bites with crunchy sticks, carrots and dip.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

