



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



K4 Cauliflower Bites with Red Queen Sauce

Bite-size pieces of cauliflower, tossed with lupin crumb and baked for a crunchy finish. Served with coleslaw, roasted carrot sticks, and GH Produce Red Queen Sauce for dipping.



30 minutes



4 servings



Plant-Based

7 October 2022

Cook it whole!

You can leave the cauliflower whole and roll it in the cornflour slurry. Place onto the lined oven tray. Press the lupin crumb into the cauliflower and bake for 45-60 minutes until tender.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	8g	28g

FROM YOUR BOX

CAULIFLOWER	1
LUPIN CRUMB	1 packet (80g)
PURPLE CARROTS	2
ORANGE CARROTS	2
RED CAPSICUM	1
CORIANDER	1 packet (10g)
KALESALW	1 bag (400g)
RED QUEEN SAUCE	1 bottle

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, soy sauce, rice wine vinegar (or other)

KEY UTENSILS

2 oven trays

NOTES

Cut the cauliflower into wedges if preferred.

Add some plant-based mayonnaise or yoghurt to the slaw for a creamy slaw.



1. PREPARE THE CAULIFLOWER

Set oven to 220°C.

Whisk together **4 tbsp cornflour** and **3 tbsp water** in a large bowl. Cut cauliflower into bite size pieces and add to bowl (see notes). Toss well.



2. COOK THE CAULIFLOWER

Place cauliflower onto a lined oven tray and toss with lupin crumb. Drizzle (or spray) with **oil**. Cook for 20 minutes or until golden and crunchy.



3. ROAST THE CARROTS

Trim and cut carrots into long wedges. Toss on a second lined oven tray with **oil**, **salt and pepper**. Roast for 15 minutes until tender.



4. TOSS THE KALESRAW

In a large bowl whisk together **1 tbsp olive oil**, **1/2 tbsp soy sauce**, **1 tbsp vinegar** and **pepper**. Dice capsicum and chop coriander (save some coriander for garnish). Add to bowl with kaleslaw and toss well (see notes).



5. FINISH AND SERVE

Serve cauliflower bites and dipping sauce onto plates. Add kaleslaw and roasted carrots.

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**

