



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



4 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
	18g	14g	51g

FROM YOUR BOX

CAULI BLOSSOMS	2 punnets
TINNED BLACK BEANS	400g
AVOCADOS	2
LIME	1
RED CABBAGE	1/4
JALAPENO CHILLI	1
CORN TORTILLAS	12-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 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 avocado with juice of 1/2 lime (wedge remaining), **1 chopped garlic clove, 1 1/2 tbsp vinegar** and **1 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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