

Cheesy Cauli Nuggets

with Sweet Potato Fries and Ranch Dip

hellóchef

Baked in the oven with a cheesy cornflakes crust, these low carb cauliflower 'nuggets' are too tasty to miss!

Cals 937 • Prot 35 • Carbs 131 • Fat 26

Vegetarian

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🕒 cook: 40 min

R3133



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Nuggets	2 ppl	3 ppl	4 ppl	
Cauliflower	400	600	800	Grams
Organic Eggs 5*	2	3	4	Pieces
Grana padano 4*, 5*	60	120	120	Grams
Marmite 11*, 15*	8	8	16	Grams
Garlic powder	2	4	4	Grams
Salt	1	1	2	Tsp
Cayenne powder	2	2	2	Grams
Cornflakes 11*	100	150	200	Grams
Fries				
Sweet potatoes	600	800	1200	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Corn starch	15	20	30	Grams
Dip				
Fresh dill	15	15	15	Grams
Fresh chives	15	15	15	Grams
Garlic cloves	1	1	1	Pieces
Sour cream 4*	60	90	120	Grams
Mayonnaise 5*, 9*, 13*	32	60	60	Grams
Lemon	1	1	1	Pieces
Salt	0.5	0.5	0.5	Tsp
Side				
Baby gem lettuce	1	2	2	Pieces

Allergens

*5 Eggs, *4 Milk, *11 Gluten, *15 Celery, *9 Soya, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3908 / 937
Fat (g)	25.9
of which saturates (g)	12.4
Carbohydrate (g)	131
of which sugars (g)	25.4
Fiber (g)	19
Protein (g)	34.7
Salt (g)	3.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into fries. Add the fries to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt** and the **corn starch**. Roast in the oven for 30 min or until golden and crisp.



2 Prep cauliflower

Meanwhile, chop or break the **cauliflower** into bite-size pieces. Place the **eggs, Grana padano, marmite, garlic powder, salt** and a pinch of **cayenne (spicy!)** in a bowl. Whisk. Crush the **cornflakes** in their bag with a rolling pin and place into a second shallow bowl.



3 Roast cauliflower

Toss the **cauliflower** florets in the **egg** mixture until coated. Then, one by one, turn the **cauliflower** in the **cornflakes** until coated. Place on a lined baking tray. Roast for 25 min until tender and starting to brown.



4 Make ranch dip

Meanwhile, chop the **dill** and **chives**. Peel and crush the **garlic**. In a bowl, combine the **sour cream, mayonnaise, dill, chives, garlic** (don't like the taste of raw **garlic**? Go easy!) with a generous squeeze of **lemon juice** and a pinch of **salt**. This is your **ranch dip**.



5 Serve

Slice the **gem lettuce** into wedges. Serve the **cauliflower nuggets** alongside the **ranch dip, gem wedges** and **sweet potato fries**.