

Crispy Cauliflower Tacos with Smoky Vegetables and Avocado Crema

hellóchef

These breaded cauliflower tacos are packed with smoky bell peppers, onions and avocado crema.

Cals 841 • Prot 22 • Carbs 131 • Fat 29

Vegan

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🕒 cook: 45 min

R3578



Before you start

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

Ingredients

Cauliflower	2 ppl	3 ppl	4 ppl	
Cauliflower	200	300	400	Grams
Plain flour 10* , 11*	100	100	200	Grams
Water	150	150	300	ML
Tamari 9*	15	15	30	ML
Fajita seasoning	10	10	20	Grams
Salt	0.5	0.5	1	Tsp
Panko bread crumbs 10* , 11* , 12*	60	90	120	Grams
Vegetable oil	1	1	2	Tbsp
Vegetables				
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Smoked sea salt	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Smoked paprika powder	2	2	4	Grams
Avocado crema				
Avocado	1	1	2	Piece
Lime	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Water	50	50	100	ML
Salt	0.5	0.5	1	Tsp
To serve				
Fresh coriander	15	15	15	Grams
6" tortilla wraps 10* , 11*	6	9	12	Piece

Allergens

*10 Wheat, *11 Gluten, *9 Soya, *12 Lupin

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)	3520 / 841
Fat (g)	29.3
of which saturates (g)	5.9
Carbohydrate (g)	131
of which sugars (g)	12.1
Fiber (g)	17.2
Protein (g)	21.9
Salt (g)	3.4

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



1 Prep

Preheat the oven to 200°C/180°C fan. Chop the **cauliflower** into small bite-size pieces. In a shallow bowl, whisk together the **flour**, **measured water**, **tamari**, **fajita seasoning** and **salt** - this is your **batter**. Place the **bread crumbs** into a second shallow bowl.

Tip! If using an air fryer, preheat to 200°C. Taking your time to bread the cauliflower is essential. Make sure to gently press each floret once coated to ensure the bread crumbs stick!



2 Bake

Place the **cauliflower** pieces in the **batter**, coating all sides. Then, place them in the **bread crumbs**, making sure they are well coated. Place the breaded **cauliflower** onto a lined baking tray and drizzle with **oil**. Bake for 20-30 min or until the **cauliflower** is cooked through and crispy.

Tip! If using an air fryer, add the cauliflower to the air fryer basket with a drizzle or spray of oil. Air fry for 12-15 min until cooked through and crispy, tossing halfway. Cook in batches if necessary.



3 Prep

Meanwhile, peel and slice the **onions**. De-seed and slice the **peppers**.

Tip! Chop the vegetables finely if cooking for kids!



4 Fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions**, **peppers** and **smoked salt**. Fry for 5-8 min. Lower the heat to a medium. Add the **smoked paprika** and **chipotle powder (spicy!)**. Fry for 2 min further, stirring occasionally.

Tip! Sensitive to spice? Go easy on the chipotle powder!



5 Blitz

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a blender. Add the juice of the {0.5/1/1} **lime**, **olive oil** and **measured water**. Blitz until smooth. Season with plenty of **salt**. This is your **avocado crema**.

Tip! Gradually add more water until the crema has reached your desired texture. Don't forget to taste and season with salt according to taste.



6 Serve

Strip the **coriander** leaves. Heat the **tortilla wraps** in the microwave for 30-60 secs until warm. Load the **tortilla wraps** with the **avocado**, **fajita vegetables** and crispy **cauliflower**. Garnish with the **coriander**.