



LEBANESE MEZZE

with Fried Cauliflower & Beetroot Tzatziki



Add a colourful twist to tzatziki



Beetroot



Greek Yoghurt



Garlic



Cucumber



Pine Nuts



Cauliflower



Pita Pockets



Hummus

Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: 20 mins
Ready in: 30 mins

Picking our favourite part of a mezze plate is like being asked to pick your favourite child – we just won't do it. Well, if we're really pushed we must admit this beetroot tzatziki is pretty special (just don't tell fried cauliflower over there).

BEFORE YOU START

You will need: **chef's knife, chopping board, grater, two medium bowls, garlic crusher, teaspoon, medium frying pan, tongs, paper towel** and **oven tray**. Let's start cooking the **Lebanese Mezze with Fried Cauliflower & Beetroot Tzatziki**



1 PREP THE BEETROOT TZATZIKI

Preheat the oven to **180°C/160°C fan-forced**. 🌱 *Pop on some gloves (optional, to prevent purple fingers!) and finely grate the **beetroot** (unpeeled). Squeeze out excess moisture from the beetroot and combine with the **Greek yoghurt** in a medium bowl. If it's too thick for your liking, add **1/2 of the olive oil (for tzatziki and salad)** to loosen. Peel and crush the **garlic**, add to the bowl, season to taste with **salt and pepper**, and mix well.*

Discover the versatility of beetroot with this quick and easy to prepare tzatziki, made with just 7 ingredients!



2 MAKE THE CUCUMBER SALAD

Slice the **cucumber** in half lengthways and scrape out the core using a teaspoon. Roughly chop the core and stir through the beetroot tzatziki. Slice the cucumber into 0.5cm thick pieces, add to a second medium bowl and drizzle with the **balsamic vinegar** and the **remaining olive oil (for tzatziki and salad)**.



3 TOAST THE PINE NUTS

Heat a medium dry frying pan over a medium-high heat. Add the **pine nuts** and toast for **3-4 minutes**, or until golden. Remove from the pan and set aside.



4 PAN-FRY THE CAULIFLOWER

Break or cut the **cauliflower** into small florets. Heat the **olive oil (for cauliflower)** in the same medium frying pan over a medium-high heat. Add the cauliflower and cook, turning occasionally, for **8-10 minutes**, or until golden. Drain on paper towel and season with **salt and pepper**.



5 WARM THE PITA POCKETS

Meanwhile, place the **pita pockets** on an oven tray and bake for **3 minutes** to warm through. Cut into wedges.



6 SERVE UP

Divide the beetroot tzatziki, **hummus**, cucumber salad, fried cauliflower and pita wedges between plates. Sprinkle over the toasted pine nuts.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
beetroot	1	2
Greek yoghurt	1 tub (100g)	2 tubs (200g)
olive oil* (for tzatziki and salad)	1 tbs	2 tbs
garlic 🧄	½ clove	1 clove
cucumber	1	2
balsamic vinegar*	1 tsp	2 tsp
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
cauliflower	1 portion	2 portions
olive oil* (for cauliflower)	¼ cup	½ cup
pita pockets	4	8
hummus	1 tub (100g)	2 tubs (200g)

*Pantry Items | 🍷 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	630kJ (150Cal)
Protein (g)	16.8g	3.2g
Fat, total (g)	54.9g	10.6g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	16.1g	3.1g
Sodium (g)	362mg	70mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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