



CAULIFLOWER 'POPCORN' WITH AVOCADO & BEAN SMASH TACOS



CAULIFLOWER 'POPCORN' WITH AVOCADO & BEAN SMASH TACOS

Preparation 25 mins | Cooking 30 mins | Serves 4

½ medium cauliflower, trimmed and cut into small florets
1 free range egg
¾ cup panko breadcrumbs
½ cup finely grated parmesan
Olive oil spray
8 warmed tortillas
Butter lettuce leaves and reduced fat sour cream, to serve

Avocado, tomato & bean smash:

1 ripe avocado, peeled and stone removed
1 tbs lime juice
400g can red kidney beans, drained and rinsed
125g cherry tomatoes, chopped

STEP 1 Preheat oven to 200°C/180°C fan-forced. Bring a medium saucepan of water to the boil over high heat. Add cauliflower, cover and bring to the boil. Boil for 2 minutes. Drain, refresh in cold water and set aside in a colander to dry.

STEP 2 Place egg in a shallow bowl and lightly beat. Combine breadcrumbs and parmesan in a bowl. Dip florets in egg then evenly coat in breadcrumb mixture. Place cauliflower on a large baking tray lined with baking paper. Spray liberally with oil. Roast, tossing once, for 25 minutes or until golden and crisp. Set aside to cool slightly.

STEP 3 Meanwhile, to make the avocado, tomato & bean smash, place avocado and lime juice in a bowl. Roughly mash with a fork. Stir through beans and tomatoes.

STEP 4 Serve tortillas with the roasted cauliflower, avocado, tomato & bean smash, lettuce leaves and sour cream.



For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. AUT19