

# DINNERLY



## Appy Hour! Crispy Cheesy Cauliflower Tots

with Creamy Honey Mustard Dip



30min



2 Servings

Potatoes can't have all the fun when it comes to tots—it's cauliflower's time to shine! Cauliflower rice broils until golden, then combines with Parmesan, cheddar, and panko. Scoop up a spoonful, roll into a ball, bake and voila! Cheesy, crispy cauliflower tots. No tot is complete without a dip, so we've whipped up a creamy honey mustard sauce. We've got you covered! (2-p plan serves 4; 4-p plan serves 8)



## WHAT WE SEND

- 2 (12 oz) cauliflower rice
- $\frac{3}{4}$  oz Parmesan <sup>3</sup>
- 2 (2 oz) shredded cheddar-jack blend <sup>3</sup>
- 1 oz panko <sup>2</sup>
- $\frac{1}{4}$  oz all-purpose spice blend
- 1 pkt Dijon mustard <sup>4</sup>
- $\frac{1}{2}$  oz honey

## WHAT YOU NEED

- 1 large egg <sup>1</sup>
- kosher salt & ground pepper
- olive oil or cooking spray
- mayonnaise <sup>1</sup>

## TOOLS

- rimmed baking sheet
- microplane or grater
- parchment paper

## ALLERGENS

Egg (1), Wheat (2), Milk (3), Sulphites (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 290kcal, Fat 18g, Carbs 19g, Protein 16g



### 1. Broil cauliflower rice

Preheat broiler with a rack in the upper third.

Spread **cauliflower rice** on a rimmed baking sheet. Broil on upper oven rack, stirring once or twice, until just starting to turn golden and excess moisture has evaporated, about 5 minutes. Let cool slightly. Reduce oven temperature to 450°F.



### 2. Prep tots

Finely grate **Parmesan** into a large bowl. Add **cheddar, panko, 1 large egg, 1 teaspoon all-purpose spice,  $\frac{3}{4}$  teaspoon salt, and several grinds of pepper**. Mix to combine. Add **cauliflower rice** and stir well to combine.

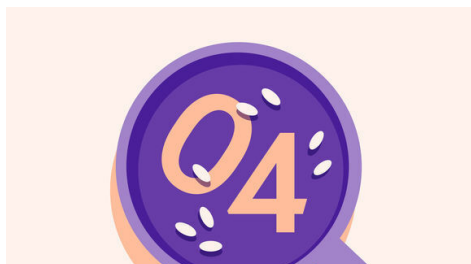


### 3. Form tots & bake

Line same baking sheet with parchment paper and lightly grease with **oil** or nonstick cooking spray.

Spoon about **1 tablespoon cauliflower mixture** at a time into your hands and roll into an oval. Place on prepared baking sheet. Bake on upper oven rack until golden and crisp, about 15 minutes.

(Or cook in an air fryer until golden and crisp, about 10 minutes.)



### 4. Make sauce & serve

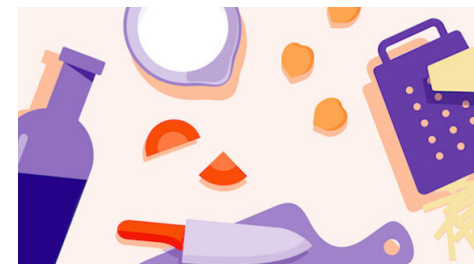
Meanwhile, in a small bowl, whisk together **Dijon, honey, and 2 tablespoons mayonnaise**. Season to taste with **salt and pepper**.

Serve warm **cauliflower tots** with **honey mustard sauce** for dipping. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!