



Bengal Roasted Cauliflower Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Cauliflower



Basmati Rice



Brown Onion



Garlic



Carrot



Coriander



Brown Mustard Seeds



Bengal Curry Paste



Coconut Milk



Baby Spinach Leaves

Hands-on: 25-35 mins
Ready in: 35-45 mins

This delightful curry will knock your socks off with its ease and taste. The Indian-inspired Bengal curry paste is a mild yet flavourful base of ginger, chilli, turmeric and fenugreek seeds, and it works perfectly with the roasted cauliflower, carrot and greens to make a mouth-watering meal that's packed with veggie goodness.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
carrot	1	2
coriander	1 bunch	1 bunch
butter*	20g	40g
brown mustard seeds	1 sachet	1 sachet
Bengal curry paste	1 packet (100g)	2 packets (200g)
coconut milk	1 tin (400ml)	2 tins (800ml)
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3740kJ (894Cal)	526kJ (126Cal)
Protein (g)	17.8g	2.5g
Fat, total (g)	47.8g	6.7g
- saturated (g)	29.8g	4.2g
Carbohydrate (g)	84.8g	11.9g
- sugars (g)	12.9g	1.8g
Sodium (mg)	1700mg	239mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Place the **cauliflower** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until just tender and golden, **15-20 minutes**.

TIP: Cut the cauliflower to the correct size so it cooks in the allocated time!



4. Start the curry

Heat a large frying pan over a medium-high heat with the **butter** and a **drizzle** of **olive oil**. Add the **onion**, **carrot** and the **brown mustard seeds** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **Bengal curry paste** and cook, stirring until fragrant, **2 minutes**.



2. Cook the rice

While the cauliflower is roasting, add the **water** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



5. Add the veggies

Add the **coconut milk** and the **salt** to the frying pan and stir well to combine. Simmer until thickened slightly, **3-4 minutes**. Stir through the roasted **cauliflower** and **baby spinach leaves** until just wilted, **1 minute**.

TIP: Add a dash of water if you prefer a looser curry!



3. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **coriander**.



6. Serve up

Divide the basmati rice between bowls and top with the Bengal roasted cauliflower curry. Garnish with the coriander.

Enjoy!