



TANDOORI CAULIFLOWER BOWL

with Garlic Rice & Mint Yoghurt



Coat cauliflower in tandoori paste



Cauliflower



Tandoori Paste



Garlic



Basmati Rice



Tomato



Mint



Greek Yoghurt



Baby Spinach Leaves



Coriander



Mango Chutney



Roasted Cashews

Hands-on: 15 mins
Ready in: 30 mins

Cook a rainbow for dinner with this beautiful tandoori cauliflower bowl! You may not wind up with a pot of gold, but with a tasty assortment of colourful toppings, like our easy tomato salsa and creamy mint yoghurt, you'll feel like a million bucks.

Pantry Staples: Olive Oil, Butter, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper**
- **medium saucepan** with a **lid**



1 ROAST THE CAULIFLOWER

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Place the cauliflower in a large bowl and toss with the **tandoori paste**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Place on an oven tray lined with baking paper and bake until tender, **20-25 minutes**.



2 COOK THE GARLIC RICE

While the cauliflower is roasting, finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!*



3 MAKE THE TOMATO SALSA

Finely chop the **tomato**. Pick and finely chop the **mint** leaves. In a small bowl, combine the **tomato**, **1/2 the mint** and the **white wine vinegar** and mix well.



4 MAKE THE MINT YOGHURT

In a small bowl, combine the **Greek yoghurt** with the **remaining mint**. Add a **drizzle of olive oil**, season with **salt** and **pepper** and mix well.



5 FINISH THE RICE

Roughly chop the **baby spinach leaves**. Stir the **baby spinach** through the **garlic rice** until slightly wilted. Roughly chop the **coriander**.



6 SERVE UP

Divide the garlic and spinach rice between bowls. Top with the tandoori cauliflower, tomato salsa, mint yoghurt, **mango chutney** and **roasted cashews**. Garnish with the coriander.

ENJOY!

2|4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion | 2 portions |
| tandoori paste | 1 tub (50g) | 2 tubs (100g) |
| garlic | 2 cloves | 4 cloves |
| butter* | 20g | 40g |
| basmati rice | 1 packet | 2 packets |
| water* | 1½ cups | 3 cups |
| salt* | ¼ tsp | ½ tsp |
| tomato | 2 | 4 |
| mint | 1 bunch | 1 bunch |
| white wine vinegar* | 1 tsp | 2 tsp |
| Greek yoghurt | 1 packet (100g) | 2 packets (200g) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| coriander | 1 bunch | 1 bunch |
| mango chutney | 1 tub (50g) | 1 tub (100g) |
| roasted cashews | 1 packet | 2 packets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 2720kJ (650Cal) | 400kJ (96Cal) |
| Protein (g) | 19.1g | 2.8g |
| Fat, total (g) | 21.9g | 3.2g |
| - saturated (g) | 8.5g | 1.3g |
| Carbohydrate (g) | 88.2g | 13.0g |
| - sugars (g) | 23.9g | 3.5g |
| Sodium (g) | 997mg | 146mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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