



Tandoori Cauliflower & Spinach Rice Pilaf

with Mint Yoghurt & Pickled Cucumber

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Basmati Rice



Currants



Cauliflower



Tandoori Paste



Yoghurt



Cucumber



Mint



Pistachios



Baby Spinach Leaves

Hands-on: 25-35 mins
Ready in: 40-50 mins

Pilaf has to be one of our favourite ways to enjoy basmati rice, and roasting is our number-one way to cook cauliflower, so this dish is destined for greatness! We've added tandoori flavours, plus mint yoghurt and crunchy pistachios to seal the deal.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
currants	1 packet	2 packets
cauliflower	1 portion	2 portions
tandoori paste	1 packet (50g)	1 packet (100g)
yoghurt	1 packet	2 packets
cucumber	1 (medium)	1 (large)
white wine vinegar*	1 tbs	2 tbs
water* (for the pickle)	2½ tbs	½ cup
mint	1 bunch	1 bunch
pistachios	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	481kJ (115Cal)
Protein (g)	20.4g	3.6g
Fat, total (g)	25.0g	4.5g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	77.6g	13.9g
- sugars (g)	26.1g	4.7g
Sodium (g)	668mg	119mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **onion** and cook until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water (for the rice)**, **salt** and **currants** and stir to combine. 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!



4. Make the mint yoghurt

While the cucumber is pickling, pick the **mint** leaves and thinly slice. Roughly chop the **pistachios**. Heat a medium frying pan over medium-high heat. Add the **pistachios** and toast, tossing, until golden, **3-4 minutes**. In a small bowl, add the **remaining yoghurt**, **1/2** the **mint** and a **pinch** of **salt** and **pepper**. Stir to combine.



2. Roast the cauliflower

While the rice is cooking, cut the **cauliflower** into small florets. In a medium bowl, combine the **tandoori paste**, **yoghurt (1 tbs for 2 people / 2 tbs for 4 people)**, a **generous pinch** of **salt** and a **drizzle** of **olive oil**. Add the **cauliflower** and toss to coat. Place the tandoori **cauliflower** on an oven tray lined with baking paper and roast until tender, **20-25 minutes**.



3. Pickle the cucumber

While the cauliflower is roasting, roughly chop the **cucumber**. In a medium bowl, add the **white wine vinegar**, the **water (for the pickle)** and a **pinch** of **sugar** and **salt**. Stir to dissolve, then add the **cucumber**. Toss to coat and set aside.

TIP: Toss the cucumber occasionally to coat in the pickling liquid.



5. Finish the pilaf

When the rice is cooked, add the **baby spinach** leaves to the saucepan and stir to combine. Season to taste with **salt** and **pepper**.



6. Serve up

Drain the pickled cucumber. Divide the spinach rice pilaf between bowls and top with the roasted tandoori cauliflower and pickled cucumber. Serve with the mint yoghurt. Garnish with the toasted pistachios and remaining mint.

Enjoy!