# Tandoori Cauliflower & Spinach Rice Pilaf

with Mint Yoghurt & Pickled Cucumber

**Grab your Meal Kit** with this symbol











**Basmati Rice** 



Currants





Cauliflower

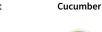
Tandoori Paste







Yoghurt





**Pistachios** 

**Baby Spinach** Leaves

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

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*	1/4 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	⅓ cup
mint	1 bunch	1 bunch
pistachios	1 packet	2 packets
baby spinach leaves	<b>1 bag</b> (30g)	1 bag (60g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	<b>481kJ</b> (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 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!**