

Mumbai Cauliflower & Pumpkin Curry

with Garlic Coconut Yoghurt & Cashews

Grab your Meal Kit with this symbol



Cauliflower



Butternut Pumpkin



Mumbai Spice Blend



Garlic



Basmati Rice



Plant-Based Coconut Yoghurt



Vegetable Stock Powder



Coconut Milk



Mixed Leaves



Roasted Cashews



Hands-on: 20-30 mins

Ready in: 40-50 mins



Naturally Gluten-Free

Not suitable for coeliacs



Plant Based

Roasting the veggies for this mildly-spiced plant-based curry results in a richer flavour, with the pumpkin getting all lovely and caramelised. Bring it all together with creamy coconut milk, and serve over fluffy garlic rice. Don't forget to sprinkle with roasted cashews for some crunch!

Pantry items

Olive Oil, Plant-Based 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 medium portion	1 large portion
butternut pumpkin	1 medium	1 large
Mumbai spice blend	2 medium sachets	2 large sachets
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
vegetable stock powder	½ large sachet	1 large sachet
plant-based coconut yoghurt	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
water* (for the curry)	½ cup	¾ cup
mixed leaves	1 medium bag	1 large bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3332kJ (796Cal)	514kJ (123Cal)
Protein (g)	14.9g	2.3g
Fat, total (g)	34.1g	5.3g
- saturated (g)	19.2g	3g
Carbohydrate (g)	106.9g	16.5g
- sugars (g)	13g	2g
Sodium (mg)	2026mg	313mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** into small florets. Peel and chop **butternut pumpkin** into bite-sized chunks. Place **pumpkin** and **cauliflower** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Mumbai spice blend**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Start the curry

When the veggies have **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Add **vegetable stock powder** (see ingredients), **coconut milk** and the **water (for the curry)**. Cook, stirring, until slightly reduced, **2-3 minutes**.



Make the garlic rice

Meanwhile, finely chop **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.

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



Finish the curry

Add **mixed leaves** and roasted **veggies** to the curry, gently stirring to combine. Season to taste. Remove from heat.



Make the yoghurt

While rice is cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**. Transfer to a small bowl. Add **plant-based coconut yoghurt** to **garlic oil mixture**, then whisk to combine. Season to taste. Set aside.



Serve up

Divide garlic rice between bowls. Top with Mumbai pumpkin and cauliflower curry. Dollop over garlic coconut yoghurt and sprinkle with **roasted cashews** to serve.

Enjoy!

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