

Tandoori Roasted Cauliflower Bowl

with Garlic Rice & Mint Raita

Grab your Meal Kit with this symbol



Cauliflower



Tandoori Paste



Mild North Indian Spice Blend



Yoghurt



Garlic



Basmati Rice



Tomato



Mint



Baby Spinach Leaves



Coriander



Roasted Cashews

 Hands-on: 15-25 mins
Ready in: 30-40 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 onion pickle and creamy mint raita, you'll feel like a million bucks.

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

Oven tray lined with baking paper

Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
tandoori paste	1 packet (50g)	1 packet (100g)
mild North Indian spice blend	1 sachet	1 sachet
yoghurt	1 small packet	1 large packet
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
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
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2810kJ (672Cal)	500kJ (119Cal)
Protein (g)	18.2g	3.2g
Fat, total (g)	28.1g	5.0g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	81.5g	14.5g
- sugars (g)	18.9g	3.4g
Sodium (mg)	1050mg	186mg

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.



Roast the cauliflower

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. In a large bowl, combine the **tandoori paste, mild North Indian spice blend, yoghurt** (1 tbs for 2 people / 2 tbs for 4 people) and a drizzle of **olive oil**. Season with **salt and pepper**. Add the **cauliflower** and toss to coat. Transfer to an oven tray lined with baking paper, then roast until tender, **20-25 minutes**.

TIP: Cut the cauliflower to size so it cooks in time.



Cook the garlic rice

While the cauliflower is roasting, finely chop the **garlic**. 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 the **salt**, stir, then 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!



Make the tomato salsa

While the rice is cooking, finely chop the **tomato**. Pick and finely chop the **mint** leaves. In a small bowl, combine the **tomato, white wine vinegar** and **1/2** the **mint** and mix well. Season to taste.



Make the mint yoghurt

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



Prep the garnish

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



Serve up

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

Enjoy!