



# Turmeric-Roasted Cauliflower Bowl

with Couscous & Spiced Tomato Sauce

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Turmeric



Roasted Cashews



Vegetable Stock Powder



Couscous



Lemon



Ginger



Garlic



Baby Spinach Leaves



Greek-Style Yoghurt



Sri Lankan Spice Blend



Chopped Tomatoes



Mint

Hands-on: 20-25 mins  
Ready in: 30-40 mins

We love the tender texture of couscous, each fluffy grain holds its shape and easily soaks up bold flavours (in this case, a spiced tomato sauce!). Combine that with spiced roasted veggies, a yoghurt drizzle and a smattering of roasted cashews and this is a bowl to remember!

## Pantry items

Olive Oil, Honey, 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 portion (400g)	2 portions (800g)
carrot	1	2
turmeric	½ sachet	1 sachet
roasted cashews	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
lemon	½	1
ginger	1 knob	2 knobs
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (60g)	1 bag (120g)
Greek-style yoghurt	1 medium packet	1 large packet
Sri Lankan spice blend	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
honey*	1 tsp	2 tsp
butter*	15g	30g
mint	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2455kJ (586Cal)	350kJ (83Cal)
Protein (g)	19.8g	2.8g
Fat, total (g)	23.1g	3.3g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	74.8g	10.7g
- sugars (g)	25.6g	3.7g
Sodium (mg)	1159mg	165mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **carrot** (unpeeled) into 2cm chunks. Place the **cauliflower**, **carrot** and **turmeric** (see ingredients) on an oven tray lined with baking paper. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, then roast for **20 minutes**. Remove the tray from the oven, then sprinkle over the **roasted cashews**. Return the tray to the oven and roast until the nuts turn golden, **3-5 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Start the tomato sauce

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic**, **ginger** and **Sri Lankan spice blend** until fragrant, **30 seconds**. Add the **chopped tomatoes** and **honey** and cook until the sauce has thickened, **2-3 minutes**.



## Cook the couscous

While the veggies are roasting, add the **water** and **vegetable stock powder** to a medium saucepan and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## Get prepped

While the couscous is cooking, slice the **lemon** into wedges. Finely grate the **ginger** and **garlic**. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **Greek-style yoghurt** and a generous squeeze of **lemon juice**. Season with **salt** and set aside.



## Finish the tomato sauce

Add the **baby spinach** to the **sauce** and cook until just wilted, **1-2 minutes**. Stir in the **butter** and season to taste.



## Serve up

Pick the **mint** leaves and thinly slice. Divide the couscous between bowls. Spoon over the spiced tomato sauce. Top with the turmeric-roasted veggies. Drizzle with the lemon yoghurt. Garnish with the mint and serve with any remaining lemon wedges.

## Enjoy!