



Indian Roasted Cauliflower Curry

with Brown Rice & Coriander Coconut Yoghurt



Cauliflower



Brown Rice



Vegetable Stock Pot



Garlic



Brown Onion



Capsicum



Baby Spinach Leaves



Coriander



Plant-Based Coconut Yoghurt



Brown Mustard Seeds



Mumbai Spice Blend



Coconut Milk

 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Plant based

This delightful curry will knock your socks off with its ease and taste. The Mumbai spice blend is mild yet flavourful, and works perfectly with the roasted cauliflower, capsicum and greens for a mouthwatering meal packed with veggie goodness.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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)
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
vegetable stock pot	1 packet (40g)	2 packets (80g)
garlic	4 cloves	8 cloves
brown onion	1	2
capsicum	1	2
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag
plant-based coconut yoghurt	1 medium packet	1 large packet
plant-based butter*	40g	80g
brown mustard seeds	1 sachet	2 sachets
Mumbai spice blend	2 sachets	4 sachets
coconut milk	1 large tin	2 large tins
brown sugar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4080kJ (975Cal)	513kJ (122Cal)
Protein (g)	15.5g	1.9g
Fat, total (g)	62.6g	7.9g
- saturated (g)	38.7g	4.9g
Carbohydrate (g)	81.9g	10.3g
- sugars (g)	25.9g	3.3g
Sodium (mg)	2006mg	252mg

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.

1



Roast the cauliflower

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Place on a lined oven tray. Drizzle with **olive oil** and season generously with **salt** and **pepper**. Toss to coat. Roast until just tender and golden, **15-20 minutes**.

4



Start the curry

When the rice has **15 minutes** remaining, heat a drizzle of **olive oil** and 1/2 the **plant-based butter** in a large frying pan over a medium-high heat. Stir-fry the **onion** and **capsicum** until softened, **3-5 minutes**. Add the **brown mustard seeds**, **Mumbai spice blend** and 1/2 the **garlic**. Cook until fragrant, **1-2 minutes**.

2



Cook the garlic brown rice

While the cauliflower is roasting, place the **brown rice**, the **water** and 1/2 the **vegetable stock pot** in a medium saucepan over a high heat. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain, then return to the saucepan and cover to keep warm.

5



Finish the curry

Add the **coconut milk**, **brown sugar** and remaining **vegetable stock pot** to the frying pan. Stir to combine, then simmer until slightly thickened, **3-4 minutes**. Meanwhile, combine the remaining **garlic** and **plant-based butter** in a microwavable bowl. Microwave until the butter is melted, **10-20 seconds**, then set aside. Stir the roasted **cauliflower** and chopped **spinach** through the **curry** until just wilted, **1 minute**. Season to taste.

TIP: Add a dash of water if you prefer a looser curry!

3



Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **brown onion**. Cut the **capsicum** into bite-sized chunks. Roughly chop the **baby spinach leaves** and the **coriander**. In a small bowl, combine the **plant-based coconut yoghurt** and **coriander**. Season with **salt** to taste.

6



Serve up

Stir the garlic butter through the brown rice, then divide between bowls. Top with the Indian roasted cauliflower curry. Serve with a dollop of the coriander coconut yoghurt.

Enjoy!

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