



Roasted Cauliflower Bengal Curry

with Basmati Rice

Grab your Meal Kit with this symbol



Cauliflower



Mumbai Spice Blend



Basmati Rice



Brown Onion



Garlic



Capsicum



Baby Spinach Leaves



Coriander



Brown Mustard Seeds



Bengal Curry Paste



Coconut Cream

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

This delightful curry will knock your socks off with its easiness and tastiness. The Indian-inspired Bengal curry paste is a mild yet flavourful base of ginger, chilli, turmeric and fenugreek seeds, and it works perfectly with roasted veggies to make a mouth-watering meal that's packed with goodness.

Pantry items

Olive Oil, 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

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)
Mumbai spice blend	1 sachet	2 sachets
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
garlic	2 cloves	4 cloves
capsicum	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bag	1 bag
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
Bengal curry paste	1 sachet (100g)	2 sachets (200g)
coconut cream	1 box (200ml)	2 boxes (400ml)
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
salt*	½ tsp	1 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3630kJ (868Cal)	556kJ (133Cal)
Protein (g)	20.0g	3.1g
Fat, total (g)	43.5g	6.7g
- saturated (g)	32.2g	4.9g
Carbohydrate (g)	89.5g	13.7g
- sugars (g)	16.0g	2.4g
Sodium (g)	1930mg	295mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 an oven tray lined with baking paper, **sprinkle** with the **Mumbai spice blend**, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until just tender and golden, **15-20 minutes**.

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



4. Start the curry

Heat a large frying pan over a medium-high heat with the **butter** and a **drizzle** of **olive oil**. Add the **onion** and **brown mustard seeds** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **capsicum** and cook until fragrant, **2 minutes**. Add the **Bengal curry paste** and cook, stirring, until fragrant, **2 minutes**.



2. Cook the rice

While the cauliflower is roasting, bring the **water (for the rice)** to the boil in a medium saucepan. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan 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!



5. Add the veggies

Add the **coconut cream**, **water (for the curry)**, **brown sugar** and the **salt** to the pan and stir to combine. Simmer until thickened slightly, **3-4 minutes**. Stir through the roasted **cauliflower** and chopped **spinach** until just wilted, **1 minute**.

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



3. Get prepped

While the rice is cooking, finely chop the **brown onion**. Finely grate the **garlic** (or use a garlic press). Cut the **capsicum** into 2cm chunks. Roughly chop the **baby spinach leaves**. Roughly chop the **coriander**.



6. Serve up

Divide the basmati rice between bowls and top with the roasted cauliflower Bengal curry. Sprinkle with the coriander.

Enjoy!