



Tandoori Veggie Bowl

with Garlic Spinach Rice & Mint Raita

Grab your Meal Kit with this symbol



Cauliflower



Tandoori Paste



Greek Yoghurt



Garlic



Basmati Rice



Currants



Tomato



Cucumber



Mint



Baby Spinach Leaves



Roasted Peanut Cashew Mix

Hands-on: **15-25** mins
Ready in: **30-40** mins

Low Calorie

Naturally gluten-free
Not suitable for Coeliacs

Cook a rainbow for dinner with this beautiful tandoori veggie bowl. You may not wind up with a pot of gold, but with a tasty assortment of colourful toppings, like our easy pickled cucumber 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 lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	2 portions (400g)
tandoori paste	1 tub (50g)	2 tubs (100g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
currants	1 sachet	2 sachets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
white wine vinegar*	¼ cup	½ cup
tomato	2	4
cucumber	1	2
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
roasted peanut cashew mix	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2296kJ (548Cal)	396kJ (94Cal)
Protein (g)	15.3g	2.6g
Fat, total (g)	26.7g	4.6g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	57.3g	9.9g
- sugars (g)	22.3g	3.8g
Sodium (mg)	1049mg	181mg

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 **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. In a large bowl, combine the **cauliflower**, **tandoori paste**, some **Greek yoghurt** (**1 tbs for 2 people / 2 tbs for 4 people**), a **drizzle of olive oil** and a **pinch of salt and pepper**. Place on an oven tray lined with baking paper and bake until tender, **20-25 minutes**.



4. Make the tomato salsa

Finely chop the **tomato**. Pick and finely chop the **mint** leaves. In a small bowl, combine the **tomato**, **1/2 the mint** and **1 tsp** of the **pickling liquid** and mix well.



2. Cook the garlic rice

While the cauliflower is roasting, finely chop the **garlic** (or use a garlic press). 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**, **currants**, **water** and the **salt** and 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!



5. Make the mint raita

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



3. Pickle the cucumber

Thinly slice **1/2 the cucumber** and grate the remaining. In a small bowl, combine the **white wine vinegar**, sliced **cucumber** and a **generous pinch of sugar and salt**. Add enough **water** to cover the **cucumber**, stir to combine then set aside.



6. Serve up

Drain the pickled cucumber. Stir the **baby spinach leaves** through the garlic rice. Divide the garlic spinach rice between bowls and top with the tandoori cauliflower, tomato salsa, pickled cucumber, mint raita and **roasted peanut cashew mix**.

TIP: For the low-calorie option, serve 1/2 the basmati rice.

Enjoy!