



Indian-Spiced Cauliflower Bowl

with Couscous, Silverbeet & Mumbai Spice Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Mild North Indian Spice Blend



Couscous



Vegetable Stock Powder



Lemon



Silverbeet



Greek-Style Yoghurt



Ginger Paste



Mumbai Spice Blend



Diced Tomatoes With Garlic & Onion



Roasted Cashews



Coriander



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*
**Custom recipe is not Calorie Smart*



Eat Me Early*

**Custom Recipe only*

Couscous – the grain so nice they named it twice! Here we’ve added our favourite grain to work its magic in another delish bowl, paired with Indian-spiced veggies and a Mumbai-laced sauce. This one is extra saucy and has proven to be the perfect consistency for everything to soak up!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1	2
carrot	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	40g	80g
boiling water*	¾ cup	1½ cups
lemon	½	1
silverbeet	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
honey*	1 tsp	2 tsp
roasted cashews	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2409kJ (576Cal)	336kJ (80Cal)
Protein (g)	19.5g	2.7g
Fat, total (g)	18.9g	2.6g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	77.3g	10.8g
- sugars (g)	33.2g	4.6g
Sodium (mg)	2219mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3169kJ (757Cal)	359kJ (86Cal)
Protein (g)	52.8g	6g
Fat, total (g)	24.1g	2.7g
- saturated (g)	5.2g	0.6g
Carbohydrate (g)	77.3g	8.8g
- sugars (g)	33.2g	3.8g
Sodium (mg)	2308mg	262mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Chop **cauliflower** into small florets. Roughly chop **carrot** into bite-sized chunks.
- Place **cauliflower** and **carrot** on a lined oven tray. Sprinkle over **mild North Indian spice blend**, drizzle with **olive oil** and season with a pinch of **salt** and **pepper**.
- Toss to coat and roast until tender, **25-30 minutes**.

4



Start the sauce

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **ginger paste** and **Mumbai spice blend** until fragrant, **30 seconds**.
- Stir in **diced tomatoes with garlic & onion**, the **honey** and remaining **butter** and cook until thickened, **2-3 minutes**.

Custom Recipe: Before cooking the sauce, bring pan to a high heat with a drizzle of olive oil. When the oil is hot add chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium-high and continue with step as above.

2



Cook the couscous

- While veggies are roasting, in a medium heatproof bowl, add **couscous** and **vegetable stock powder** and half the **butter**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

5



Finish the sauce

- Add **silverbeet** to **Mumbai spice sauce** and cook, stirring, until just wilted, **1-2 minutes**. Season to taste.

TIP: Add a splash of water if the sauce looks too thick.

3



Get prepped

- While couscous is cooking, slice **lemon** into wedges. Roughly chop **silverbeet**.
- In a small bowl, combine **Greek-Style yoghurt**, a generous squeeze of **lemon juice** and a pinch of **salt**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

6



Serve up

- Divide couscous between bowls. Spoon over Mumbai spice sauce.
- Top with Indian-spiced cauliflower and carrot. Sprinkle with **roasted cashews**.
- Spoon over lemon yoghurt. Tear over **coriander**.
- Serve with any remaining lemon wedges. Enjoy!

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