



# INDIAN CAULIFLOWER & POTATO TRAY BAKE

with Chilli Chapatis



Fry chapatis in chilli oil for a spicy twist!



Potato



Cauliflower



Carrot



Red Onion



Mild North Indian Spice Blend



Coconut Cream



Brown Mustard Seeds



Chilli Flakes (Optional)



Chapati Wraps



Long Red Chilli (Optional)



Roasted Almonds



Baby Spinach Leaves



Greek Yoghurt

Hands-on: **20 mins**  
Ready in: **40 mins**  
Spicy (optional long red chilli and chilli flakes)

We're bringing the colours and flavours of the streets of India to your table with this mouth-watering veggie bake. There's spice aplenty with our mild North Indian blend, the pop of brown mustard seeds and a fiery kick courtesy of chilli flakes. Plus, roasted almonds for crunch, pan-fried chilli chapatis and cooling yoghurt to make a meal that's full of character.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



### 1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm rounds. Cut the **red onion** into 2cm wedges.



### 2 FLAVOUR THE VEGGIES

In a medium bowl, combine the **mild North Indian spice blend**, **coconut cream** and the **salt**. Add the **cauliflower** florets and toss to coat. In a second medium bowl, place the **potato**, **carrot**, **onion**, **brown mustard seeds**, a **generous pinch** of **salt** and **pepper** and a **drizzle** of **olive oil**. Toss to coat.



### 3 BAKE THE VEGGIES

Spread the spiced **cauliflower** over an oven tray lined with baking paper. Spread the **remaining veggies** over a second oven tray lined with baking paper. Bake until tender and golden, **30-35 minutes**.



### 4 MAKE THE CHILLI CHAPATIS

**TIP:** If you don't like chilli, brush the **chapati wraps** with plain olive oil and cook as directed. While the veggies are roasting, heat **olive oil (2 tbs for 2 people / 4 tbs for 4 people)** and a **pinch** of **chilli flakes** in a medium frying pan over a medium-high heat. Cook until fragrant, **1 minute**. Transfer the chilli oil to a small bowl. Brush a **chapati wrap** on both sides with chilli oil. Return the pan to a medium-high heat and add the chapati. Cook until golden, **1 minute** each side. Transfer to a plate lined with paper towel and repeat with the remaining chapatis (see ingredients list).



### 5 PREP THE GARNISH

Thinly slice the **long red chilli** (if using). Roughly chop the **roasted almonds**.



### 6 SERVE UP

Divide the Indian cauliflower between plates. Toss the remaining veggies with the **baby spinach leaves** and divide between plates. Top with the **Greek yoghurt**, chilli (if using) and chopped almonds. Serve with the chilli chapatis.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
potato	1	2
carrot	1	2
red onion	1	2
mild North Indian spice blend	1 sachet	2 sachets
coconut cream	1 tin (140 ml)	1 tin (270 ml)
salt*	¼ tsp	½ tsp
brown mustard seeds	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch
chapati wraps	2	4
long red chilli (optional)	1	2
roasted almonds	1 packet	2 packets
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2760kJ (660Cal)	409kJ (98Cal)
Protein (g)	22.1g	3.3g
Fat, total (g)	34.0g	5.0g
- saturated (g)	20.9g	3.1g
Carbohydrate (g)	59.2g	8.8g
- sugars (g)	23.2g	3.4g
Sodium (g)	614mg	91mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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