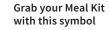


Indian-Spiced Cauliflower Bowl with Couscous, Silverbeet & Mumbai Spice Sauce

CLIMATE SUPERSTAR













Mild North

Indian Spice Blend

Couscous





Vegetable Stock











Ginger Paste



Diced Tomatoes



With Garlic & Onion

Coriander



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



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!

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

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	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*	3/4 cup	1½ cups		
lemon	1/2	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
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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





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.



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.



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.



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.



Finish the sauce

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

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



Serve up

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

Rate your recipe

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