



# Tandoori Cauliflower & Spinach Rice Pilaf

with Mint Yoghurt & Pickled Cucumber

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Basmati Rice



Currants



Cauliflower



Tandoori Paste



Greek Yoghurt



Cucumber



Mint



Pistachios



Baby Spinach Leaves

- Hands-on: **25-35 mins**
- Ready in: **40-50 mins**
- Naturally gluten-free
- Not suitable for Coeliacs*

We've teamed tandoori cauliflower with a traditional rice pilaf for a meal that looks as good as it tastes. Sweet currants and crunchy pistachios add a special touch, while mint provides a refreshing contrast to the rich and exotic flavours of this dish.

### Pantry items

Olive Oil, Butter, White Wine Vinegar, 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 · Oven tray lined with baking paper · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
currants	1 packet	2 packets
cauliflower	1 portion (400g)	2 portions (800g)
tandoori paste	1 tub (50g)	2 tubs (100g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
cucumber	1	2
white wine vinegar*	¼ cup	½ cup
sugar*	1 tsp	2 tsp
salt* (for the cucumber)	1 tsp	2 tsp
mint	1 bunch	1 bunch
pistachios	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2750kJ (656Cal)	457kJ (109Cal)
Protein (g)	18.4g	3.1g
Fat, total (g)	21.5g	3.6g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	90.4g	15.1g
- sugars (g)	25.3g	4.2g
Sodium (g)	1000mg	167mg

### 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. Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **onion** and cook until softened, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water**, the **salt (for the rice)** and **currants** and stir to combine. Bring to the boil, then 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!



## 4. Make the mint yoghurt

While the cucumber is pickling, pick the **mint** leaves and thinly slice. Roughly chop the **pistachios**. Heat a medium frying pan over a medium-high heat, add the **pistachios** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate and set aside. In a small bowl, combine the remaining **Greek yoghurt**, **1/2** the **mint** and a **pinch** of **salt** and **pepper**.



## 2. Roast the cauliflower

While the rice is cooking, cut the **cauliflower** into small florets. In a medium bowl, combine the **tandoori paste**, some **Greek yoghurt (1 tbs for 2 people / 2 tbs for 4 people)**, a **generous pinch** of **salt** and a **drizzle** of **olive oil**. Add the **cauliflower** and toss to coat. Place the **cauliflower** on an oven tray lined with baking paper and roast until tender, **20-25 minutes**.



## 3. Pickle the cucumber

While the cauliflower is roasting, roughly chop the **cucumber**. In a small bowl, combine the **cucumber**, **white wine vinegar**, **sugar** and the **salt (for the cucumber)**. Add enough **water** to cover the cucumber, then stir to combine. Cover and set aside.



## 5. Finish the pilaf

When the rice is cooked, add the **baby spinach leaves** and stir to combine. Season to taste with **salt** and **pepper**.



## 6. Serve up

Drain the pickled cucumber. Divide the spinach rice pilaf between bowls and top with the tandoori cauliflower and pickled cucumber. Serve with a dollop of the mint yoghurt. Top with the pistachios and remaining mint.

**Enjoy!**