













Gobi Matar Rogan Josh and Basmati Rice

with Cauliflower, Peas and Flaked Almonds

23

Calorie Smart 20 Minutes • Medium Spice • 4 of your 5 a day • Veggie • Under 650 Calories



-  Cauliflower Florets
-  Curry Powder
-  Basmati Rice
-  Garlic Clove
-  Rogan Josh Curry Paste
-  Tomato Passata
-  Vegetable Stock Paste
-  Peas
-  Mango Chutney
-  Toasted Flaked Almonds

Pantry Items
Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, sieve, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Curry Powder	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Rogan Josh Curry Paste	50g	75g	100g
Tomato Passata	1 carton	1 carton	1 carton
Vegetable Stock Paste 10	10g	15g	20g
Peas**	120g	180g	240g
Mango Chutney	40g	60g	80g
Toasted Flaked Almonds 2	15g	25g	30g
Pantry	2P	3P	4P
Water for the Sauce*	125ml	180ml	250ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2703 /646	581 /139
Fat (g)	20.9	4.5
Sat. Fat (g)	6.6	1.4
Carbohydrate (g)	94.9	20.4
Sugars (g)	25.1	5.4
Protein (g)	17.3	3.7
Salt (g)	3.09	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a half-full kettle.
- Halve any large **cauliflower florets**.



Curry Up

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **garlic**, remaining **curry powder** and the **rogan josh curry paste**. Fry until fragrant, 1 min.
- Stir in the **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Weight Watchers



Cauliflower Power

- Pop the **cauliflower** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **curry powder** and season with **salt** and **pepper**.
- Toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins. Turn halfway through.



All Together Now

- Stir the **peas**, **mango chutney** and **butter** (see pantry for amount) into the **curry sauce**.
- Heat until the **peas** are piping hot and the **butter** has fully melted, 1-2 mins.
- Taste and season with **salt** and **pepper**.
- When the **cauliflower** is roasted, stir it into the **curry**.



Cook the Rice

- Meanwhile, pour the **boiled water** into a medium saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.
- In the meantime, peel and grate the **garlic** (or use a garlic press).



Serve

- Share the **rice** between your serving bowls.
- Top with the **gobi matar rogan josh curry**.
- Sprinkle over the **flaked almonds** to finish.

Enjoy!