













Spiced Roasted Cauliflower Pilaf with Peas and Flaked Almonds

23

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie • Under 650 Calories



-  Cauliflower Florets
-  North Indian Style Spice Mix
-  Basmati Rice
-  Garlic Clove
-  Peas
-  Korma Style Paste
-  Vegetable Stock Paste
-  Onion Marmalade
-  Greek Style Natural Yoghurt
-  Toasted Flaked Almonds

Recipe Update

Due to quality issues with **green beans**, you'll instead receive **peas**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper

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, garlic press, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Peas**	120g	240g	240g
Korma Style Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Onion Marmalade	30g	40g	60g
Greek Style Natural Yoghurt** 7)	75g	75g	150g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2419 /578	628 /150
Fat (g)	16.4	4.3
Sat. Fat (g)	4.2	1.1
Carbohydrate (g)	88.5	23.0
Sugars (g)	19.0	4.9
Protein (g)	18.1	4.7
Salt (g)	2.54	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 7) Milk 9) Mustard 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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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.
- Halve any large **cauliflower florets** and pop them onto a baking tray.
- Drizzle with **oil**, sprinkle over the **North Indian style spice mix**, **salt** and **pepper**, then 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, 15-20 mins. Turn halfway through.



Flavour Time

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and **korma style paste**. Stir-fry for 30 secs.
- Add the **veg stock paste**, **onion marmalade** and **water for the sauce** (see pantry for amount). Bring to the boil and cook until thickened, 1-2 mins.



Boil the Rice

- Pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Peel and grate the **garlic** (or use a garlic press).



Assemble the Pilaf

- Once thickened, stir the **cooked rice** and **peas** into the **korma mixture** and combine well.
- Add a splash of **water** if needed
- Taste and season with **salt** and **pepper** if needed.



Cook the Peas

- When there are 2 mins left, add the **peas** to the **rice** and boil for the remaining time.
- 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.



Time to Serve

- Share the **pilaf** between your bowls.
- Top with the **spiced roasted cauliflower**.
- Finish with a dollop of **yoghurt** and a sprinkling of the **flaked almonds**.

Enjoy!

