

DINNERLY



Indian Veggie Masala with Rice & Yogurt



20-30min



2 Servings

This veggie masala is a sensory powerhouse. Full of deep Indian flavors, a luscious golden hue, and an aroma that will bring your family running to the table, we're pretty sure it ticks all the right boxes. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 head cauliflower
- ¼ oz curry powder
- 8 oz tomato sauce
- 2½ oz peas
- 4 oz Greek yogurt ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- 4 Tbsp butter ⁷
- neutral oil
- sugar

TOOLS

- small saucepan
- medium Dutch oven or pot

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 32g, Carbs 96g, Protein 21g



1. Cook rice

In a small saucepan, bring **rice**, **1¼ cups water**, and **½ teaspoon salt** to a boil over high heat. Cover, reduce heat to low, and simmer until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Cook cauliflower

Finely chop **2 teaspoons garlic**. Cut **cauliflower** into 1-inch florets.

Heat **1 tablespoon each of butter and oil** in a medium Dutch oven or pot over medium-high. Add cauliflower; season with **salt and pepper**. Cook, stirring occasionally, until browned in spots, about 7 minutes. Transfer to a plate; reserve pot.



3. Cook sauce

Return pot to medium-high heat. Add **1 tablespoon butter** and **1½ teaspoons each of chopped garlic and curry powder**. Cook, stirring, until fragrant, about 30 seconds. Add **tomato sauce**, **1 teaspoon sugar**, and **a pinch each of salt and pepper**. Bring to a simmer and cook until thickened into a loose paste, 2–3 minutes.



4. Add cauliflower & peas

Add **cauliflower** and **¼ cup water** to pot; cover and cook until tender, 4–5 minutes. Stir in **peas** and **2 tablespoons butter**; simmer until peas are bright green and tender, about 3 minutes.



5. Finish & serve

Stir **remaining chopped garlic** into **yogurt**. Fluff **rice** with a fork.

Serve **veggie masala** over **rice** with **garlic yogurt** dolloped over top. Enjoy!



6. Take it to the next level

Whip up a quick chutney (that packs a punch!) to serve with your masala. Combine grated ginger, chopped cilantro, jalapeño, lime juice, olive oil, salt, and pepper. Drizzle over top or serve on the side!