

DINNERLY



Indian Veggie Masala with Rice & Yogurt



20-30min



2 Servings

The beauty of this vegetarian dish is not only in the powerful Indian flavors, but also in the bright yellow color that the cauliflower takes on from curry powder. Along with rice and garlic yogurt, this veggie masala is sure to tick all the right boxes. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- garlic
- 1½ lbs cauliflower
- 8 oz can tomato sauce
- curry powder (use 1½ tsp)
- 2½ oz peas
- 1 container Greek yogurt ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- 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 720kcal, Fat 32g, Carbs 96g, Proteins 21g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



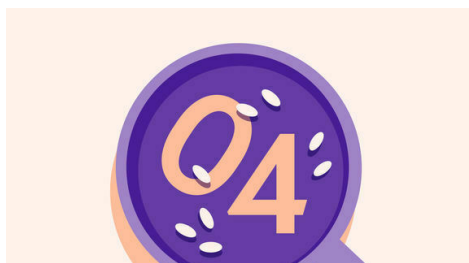
2. Prep ingredients

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



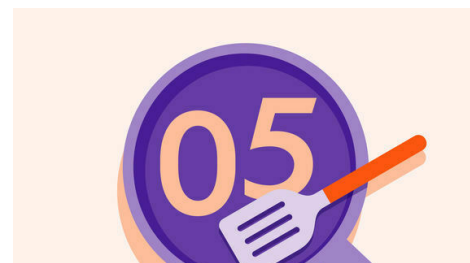
3. Sauté cauliflower

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



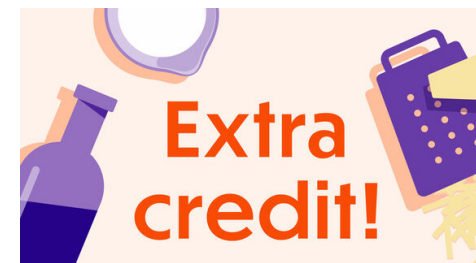
4. Make sauce

Return same 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**, **½ cup water**, **1 teaspoon sugar**, and **a pinch each of salt and pepper**. Bring to a simmer and continue to cook until sauce is thickened, 2–3 minutes.



5. Finish & serve

Add **cauliflower** and **¼ cup water** to pot; cook, covered, until tender, 4–5 minutes. Stir in **peas** and **2 tablespoons butter**; simmer until peas are bright green and tender, and **sauce** is reduced slightly, about 3 minutes. Stir **remaining chopped garlic** into **yogurt**. Fluff **rice** with a fork. Serve **veggie masala** over **rice**. Dollop **yogurt** on top. Enjoy!



6. Take it to the next level

Make a quick chutney that packs a punch by combining grated ginger, chopped cilantro, jalapeño, lime juice, olive oil, salt, and pepper. Drizzle over top or serve on the side!