



Indian Spiced Cauliflower

with Cumin Rice Pilaf



30-40min



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. Thick yogurt is used as both a marinade and a sauce to serve alongside. While cauliflower softens in the oven, chickpeas crisp up for a great textural contrast. And a fragrant cumin seed rice pilaf is the perfect accompaniment. Cook,...

What we send

- cauliflower
- curry powder
- large yellow onion
- chickpeas
- basmati rice
- fresh cilantro
- cumin seeds

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

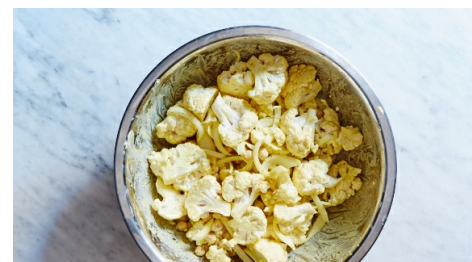
Nutrition per serving

Calories 775.0kcal, Fat 28.0g, Proteins 28.0g, Carbs 92.5g



1. Prep ingredients

Preheat oven to 450°F. Arrange oven racks in upper and lower thirds of oven. Cut cauliflower into large florets. Halve, peel, and thinly slice $\frac{3}{4}$ of the onion. Finely chop remaining $\frac{1}{4}$. Drain and rinse chickpeas.



2. Make yogurt marinade

Whisk curry powder, half of the yogurt, 2 tablespoons water, 2 tablespoons oil, $\frac{1}{2}$ teaspoon salt, and a few grinds pepper in a large bowl until combined. Add cauliflower, sliced onion, and chickpeas; toss until evenly coated.



3. Roast vegetables

Grease 2 rimmed baking sheets with oil. Divide cauliflower mixture evenly between the baking sheets and roast until tender and golden brown, rotating and shaking pan halfway through, 25-30 minutes.



4. Make pilaf

Meanwhile, heat 1 tablespoon oil in small saucepan over medium-high. Add chopped onion and cumin seeds; cook until softened, about 2 minutes. Add rice and cook, stirring to coat, 1 minute. Add $1\frac{1}{4}$ cups water and $\frac{1}{4}$ teaspoon salt. Bring to a simmer, reduce heat to low, cover, and cook until tender, 15 minutes. Keep covered.



5. Make yogurt sauce

Pick cilantro leaves from stems. Finely chop half and place in a small bowl (reserve the rest for garnish). Add remaining yogurt and 2 tablespoons water to bowl with chopped cilantro and stir to combine; season with salt and pepper to taste.



6. Fluff rice

Fluff rice with a fork and divide between two plates or bowls. Top with roasted cauliflower and chickpeas. Garnish with cilantro and dollop with yogurt sauce. Enjoy!