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## Spiced Cauliflower and Courgettes with Yellow Rice, Pistachios and Coriander

It's hard to describe this dish and it's amazingness. There are just so many amazing ingredients, so André thought - why not just bring them together to make this epic spiced cauliflower and courgettes with yellow rice and pistachios. You've got crunch, spice and tang - what more could you need?

35 mins

lactose free

healthy

gluten free

veggie

vegan



Cauliflower  
(1 head)



Courgette (1)



Nigella Seeds  
(1 tsp)



Turmeric (1 tsp)



Onion (1)



Garlic Clove (1)



Yellow Mustard  
Seeds (1 tsp)



Basmati Rice  
(1 cup)



Vegetable  
Stock Pot (1)



Coriander  
(5 tbsp)



Vine Tomato (2)



Spring Onion (1)



Lime (½)



Pistachios (3 tbsp)



Raisins (1 tbsp)

Ingredients	2 PEOPLE	ALLERGENS
Cauliflower, florets	1 head	
Courgette, chopped	1	
Nigella Seeds	1 tsp	
Turmeric	1 tsp	
Onion, chopped	1	
Garlic Clove, chopped	1	
Yellow Mustard Seeds	1 tsp	Mustard
Basmati Rice	1 cup	
Vegetable Stock Pot	1	Celery
Coriander, chopped	5 tbsp	
Vine Tomato, chopped	2	
Spring Onions, sliced	1	
Lime	½	
Pistachios	3 tbsp	Nut
Raisins	1 tbsp	

**Nutrition per serving:** Calories: 586 kcal | Protein: 22 g | Carbs: 99 g | Fat: 9 g | Saturated Fat: 2 g



**1** Pre-heat your oven to 200 degrees. Remove the outer leaves from the **cauliflower**. Separate the **cauliflower** into florets. Chop the top and bottom off the **courgette**, cut in half lengthways and then cut lengthways again so you have four strips. Chop each strip into three pieces.




**2** Put the **cauliflower** and **courgette** into a roasting tray and sprinkle on 1 tsp of **nigella seeds** and half of the **turmeric**. Season with a ¼ tsp of **salt** and drizzle over 1 tbsp of **oil**. Mix well to make sure the veggies are nicely coated with the spices and oil. Pop in the oven and roast for 25 mins.



**3** While the veggies cook, cut the **onion** in half through the root, peel and then chop into small cubes. Peel and chop the **garlic**.



**4** Heat a saucepan over medium heat and add 1 tbsp of **oil**. Add the **onion** and cook for 3 minutes, add the chopped **garlic**, the remaining **turmeric** and the **mustard seeds** and cook for another minute. Pour in the **rice**, give it a stir to make sure it is nicely coated with the

 Our fruit and veggies come straight from the farm so give them a little wash before using

**Did you know...**  
Cauliflower is actually a flower that hasn't fully developed yet.

**turmeric**, then pour in 350ml of **water**. Add the **vegetable stock pot** and bring to the boil. Reduce the heat to medium-low and pop on the lid. Cook for 10 mins and then remove from the heat. Leave the lid on for another 10 mins for perfectly cooked basmati rice!

**5** Now chop the rest of the ingredients to make a salsa. Roughly chop the **coriander**. Chop the **tomatoes** into 1cm pieces and place in a bowl. Remove the root from the **spring onions** and slice as thin as you can. Add the sliced **spring onions** to the **tomatoes** and mix with a pinch of **salt** and the chopped **coriander**. Grate in the zest of half the **lime** and squeeze in half of its juice. Chop the **pistachios**.

**6** When the **rice** is cooked, carefully mix in the **raisins** and half of the **pistachios**. Serve the veggies on top of a generous amount of **rice** and then finish the dish with your salsa and a sprinkling of **pistachios**.