



Creamy Cauliflower and Pea Tikka Masala

with Basmati Rice and Flaked Almonds

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie

18



Cauliflower



Cumin Seeds



Basmati Rice



Garlic Clove



Flaked Almonds



Tikka Paste



Tomato Passata



Vegetable Stock Paste



Creme Fraiche



Peas



Red Pepper Chilli Jam

Pantry Items
Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, sieve, lid, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Cauliflower**	1	1	2
Cumin Seeds	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Flaked Almonds 2)	15g	25g	40g
Tikka Paste	75g	112g	150g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Curry*	100ml	150ml	200ml
Crema Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g
Red Pepper Chilli Jam	1 pot	1 pot	2 pots
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	628g	100g
Energy (kJ/kcal)	3306 / 790	527 / 126
Fat (g)	33.6	5.4
Sat. Fat (g)	14.2	2.3
Carbohydrate (g)	96.4	15.4
Sugars (g)	25.0	4.0
Protein (g)	21.1	3.4
Salt (g)	3.34	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 7) Milk 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

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.

b) Cut the **cauliflower** into florets (like small trees), halving any larger ones. Pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, then sprinkle over **half** the **cumin seeds**.

c) When the oven is hot, roast on the top shelf until golden and tender, 15-18 mins. Turn halfway through.



Simmer and Stir

a) Pour the **passata**, **vegetable stock paste** and **water for the curry** (see ingredients for amount) into the pan.

b) Stir through the **creme fraiche**.

c) Bring to the boil, then turn the heat down slightly. Simmer until thickened, 4-5 mins, stirring occasionally.



Cook the Rice

a) While the **cauli** roasts, pour the **boiling water** into a large saucepan with **¼ tsp salt** on high heat.

b) Add the **rice** and cook for 10-12 mins.

c) 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.



Bring on the Veg

a) Once the **sauce** has thickened, stir through the **peas**, **red pepper chilli jam** and **butter** (see ingredients for amount).

b) Once cooked, gently stir the **roasted cauliflower** through the **sauce**.

c) Cook until piping hot, 1-2 mins, then remove the pan from the heat.

d) Taste and season with **salt** and **pepper** if needed.



Build the Flavour

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Heat a large frying pan on medium-high heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.

c) Transfer the **almonds** to a small bowl and pop your pan back on medium high heat.

d) Add a drizzle of **oil**, the **tikka paste**, **garlic** and remaining **cumin seeds** to the pan. Stir-fry until fragrant, 30 secs.



Serve

a) When everything is ready, fluff up the **rice** with a fork, then share between your bowls.

b) Spoon over the **cauliflower and pea tikka masala**.

c) Scatter with the **toasted flaked almonds** to finish.

Enjoy!