



Mushroom Pasanda

with Roasted Cauliflower and Turmeric Rice

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie

20



Chestnut Mushrooms



Green Beans



Garlic Clove



Cauliflower Florets



Ground Turmeric



Basmati Rice



Pasanda Style Seasoning



Vegetable Stock Paste



Creme Fraiche

Before you start

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

Cooking tools

Garlic press, baking tray, saucepan and lid.

Ingredients

Ingredients	2P	3P	4P
Chestnut			
Mushrooms**	225g	375g	450g
Green Beans**	80g	150g	150g
Garlic Clove**	1	1	2
Cauliflower Florets**	300g	450g	600g
Ground Turmeric	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Pasanda Style Seasoning	2 sachets	2 sachets	4 sachets
Vegetable Stock Paste 10	10g	15g	20g
Creme Fraiche** 7	75g	120g	150g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	75ml	125ml	175ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	1996 /477	467 /112
Fat (g)	14.9	3.5
Sat. Fat (g)	8.1	1.9
Carbohydrate (g)	70.8	16.6
Sugars (g)	7.2	1.7
Protein (g)	13.0	3.0
Salt (g)	1.07	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Thinly slice the **mushrooms**. Trim the **green beans**, then chop into thirds.

Peel and grate the **garlic** (or use a garlic press).



Build the Flavour

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **mushrooms** and cook, stirring frequently, until browned, 5-6 mins.

Add the **garlic** and **pasanda style seasoning** (add less you don't like heat). Stir and cook until fragrant, 1-2 mins.



Roast the Cauliflower

Pop the **cauliflower florets** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Sprinkle on **half** the **turmeric** and rub into the **cauliflower**. **TIP:** Use gloves to do this if you don't want your hands to get stained by the turmeric.

When the oven is hot, roast the **cauliflower** on the middle shelf until golden and charred at the edges, 15-20 mins. Turn halfway through.



Curry Up

Pour the **water for the curry** (see ingredients for amount) and **veg stock paste** into the pan.

Bring to the boil, then lower the heat to medium and stir in the **green beans**.

Cover with a lid and simmer until the **beans** are tender, 6-8 mins.

Once the **beans** are cooked, remove the lid, stir in the **creme fraiche** and simmer for 3-4 mins more. Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little dry.



Turmeric Rice Time

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice**, **¼ tsp salt** and the remaining **turmeric**. Bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Serve

When everything is ready, fluff up the **rice** with a fork and share between your plates.

Spoon over the **mushroom pasanda** and top with the **roasted cauliflower**.

Enjoy!