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Spiced Cauliflower and Courgette with Yellow Rice, Pistachios and Coriander Salsa

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

🕐 35 mins   🍎 5 of your 5 a day

🌱 veggie   🌶 spicy

🍴 healthy   Ⓥ vegan

Cauliflower (½)	Courgette (1)	Nigella Seeds (1 tsp)	Turmeric (½ tsp)	Onion (1)	Garlic Clove (1)	Yellow Mustard Seeds (1 tsp)	Basmati Rice (175g)
Water (350ml)	Vegetable Stock Pot (1)	Coriander (1 bunch)	Vine Tomato (2)	Spring Onion (2)	Lime (½)	Pistachios (25g)	Raisins (30g)

2 PEOPLE INGREDIENTS

- Cauliflower, florets **½**
- Courgette, chopped **1**
- Nigella Seeds **1 tsp**
- Turmeric **½ tsp**
- Onion, chopped **1**
- Garlic Clove, chopped **1**
- Yellow Mustard Seeds **1 tsp**
- Basmati Rice **175g**
- Water **350ml**
- Vegetable Stock Pot **1**
- Coriander, chopped **1 bunch**
- Vine Tomato, chopped **2**
- Spring Onion, sliced **2**
- Lime **½**
- Pistachios **25g**
- Raisins **30g**

Allergens: Mustard, Celery, Sulphites, Nut.

Our fruit and veggies may need a little wash before cooking!

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	522 kcal / 2202 kJ	11 g	2 g	87 g	27 g	17 g	4 g
Per 100g	72 kcal / 302 kJ	2 g	0 g	12 g	4 g	2 g	0 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1 Pre-heat your oven to 200 degrees. Remove the outer leaves from the **cauliflower**. Separate the **cauliflower** into florets. Cut 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 your **cauliflower** and **courgette** onto a baking tray and sprinkle over the **nigella seeds** and half of the **turmeric**. Season with a pinch of **salt** and drizzle over some **oil**. Mix well to make sure your **veggies** are nicely coated with the **spices** and **oil**. Pop in your oven and roast for 25 mins. **Tip:** *The cauliflower should be slightly browned and crispy when ready.*

3 While your 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 a drizzle of **oil**. Add your **onion** and cook for 3 mins, add your **garlic**, your 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 **turmeric**, then pour in the **water** (as specified in the ingredient list). 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 **rice**!

5 Now chop the rest of the ingredients to make a salsa. Roughly chop the **coriander**. Chop the **tomato** into 1cm pieces and place in a bowl. Remove the root from the **spring onion** and slice as thinly as possible. Add your **spring onion** to your **tomato** and mix with a pinch of **salt** and your **coriander**. Grate in the **zest** of the **lime** and squeeze in its **juice**. Remove the shells and chop the **pistachios**.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!