



Spiced Cauliflower Steak

with Protein Packed Salad



HELLO CAULIFLOWER

Cauliflower comes in a variety of colours, green ones are referred to as broccoflowers!



Cauliflower



Ground Cumin



Ground Turmeric



Ground Ginger



Coriander



Lemon



Soft Dried Apricots



Steamed Brown Basmati Rice & Quinoa



Natural Yogurt



Wholegrain Mustard



Cumin Seeds



Sunflower Seeds



Raisins



MEAL BAG

20 mins

5 of your a day

Veggie



Rapid recipe

GET **PREPARED!**

Preheat the Oven to 220°C.

BEFORE YOU START

Preheat the Oven to **220°C**. **Wash** the veggies. Make sure you've got two **Mixing Bowls**, some **Baking Paper**, a **Baking Tray** and **Fine Grater**. Let's start cooking the **Spiced Cauliflower Steak with Protein Packed Salad**.



1 CUT THE STEAKS

- a)** Trim the stem end of the **cauliflower**, leaving the core intact. Remove the leaves.
- b)** Using a large knife, cut the **cauliflower** in half from top to bottom.
- c)** Cut each half into 2 thick '**steaks**' per person. Don't worry about any bits that fall off, we'll use them too! Pop the **ground cumin**, **turmeric**, **ginger** and **olive oil** (see ingredients for amount) into a mixing bowl. Mix well.



4 MAKE THE DRESSING

- a)** Pop the **yogurt** into a small bowl.
- b)** Mix in the **wholegrain mustard**, **half** the **coriander** and the **olive oil** for the dressing (see ingredients for amount).
- c)** Season with a large pinch of **lemon zest**, **salt** and **pepper**.



2 ROAST THE CAULI

- a)** Add the **cauliflower** to the bowl. Rub the **mixture** evenly onto both sides of the **cauliflower** (and any smaller bits that fell off!). Make sure they are evenly coated. Season well with **salt** and **pepper**.
★ **TIP:** Wear rubber gloves to prevent staining your hands!
- b)** Transfer to a lined baking tray and roast on the top shelf of your oven for 10-15 mins.
★ **TIP:** They are ready when a knife can easily be stuck through the thickest part.



5 BUILD THE SALAD

- a)** Carefully pop the **rice** into another large mixing bowl.
- b)** Stir in the **cumin seeds**, **sunflower seeds**, **raisins**, **dried apricots**, and the rest of the chopped **coriander** and **lemon zest**.
- c)** Season well with a squeeze of **lemon juice**, **salt** and **pepper** to taste.



3 COOK THE RICE

- a)** Roughly chop the **coriander** (stalks and all).
- b)** Zest the **lemon** and cut into four wedges.
- c)** Roughly chop the **dried apricots**.
- d)** Cook the **brown rice and quinoa** in the microwave according to pack instructions.



6 DISH UP!

- a)** Divide the **mixed grain salad** between your plates.
- b)** Using a spatula, carefully lay the **cauliflower steaks** and **florets** on top.
- c)** Serve the **steaks** with a nice dollop of the **yogurt dressing** drizzled over the top.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cauliflower	1	1½	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Turmeric	1 small pot	1½ small pots	2 small pots
Ground Ginger	½ pot	¾ pot	1 pot
Olive Oil for the Rub*	1½ tbsp	2½ tbsp	3 tbsp
Coriander	1 bunch	1 bunch	1 bunch
Lemon	1	2	2
Soft Dried Apricots	1 bag	1½ bags	2 bags
Steamed Brown Basmati Rice & Quinoa	250g	375g	500g
Natural Yogurt 7)	1 pouch	1½ pouches	2 pouches
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Cumin Seeds	½ small pot	¾ small pot	1 small pot
Sunflower Seeds	1 pot	1 pot	2 pots
Raisins 14)	1 bag	1½ bags	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 613G	PER 100G
Energy (kcal)	594	97
(kJ)	2483	405
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	80	13
Sugars (g)	38	6
Protein (g)	20	3
Salt (g)	0.72	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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