



# Tikka Cauliflower and Pepper Flatbread with Tomato Raita and Peanuts

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



Green Pepper



Cauliflower Florets



Tikka Paste



Baby Plum Tomatoes



Coriander



Salted Peanuts



Greek Style Natural Yoghurt



Plain Naan



Nigella Seeds

## Before you start

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

## Cooking tools

Baking tray and bowl.

## Ingredients

	2P	3P	4P
Green Pepper**	1	1	2
Cauliflower Florets**	300g	450g	600g
Tikka Paste	75g	112g	150g
Baby Plum Tomatoes	125g	250g	250g
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	40g
Greek Style Natural Yoghurt** 7)	100g	150g	200g
Plain Naan 7) 11) 13)	2	3	4
Nigella Seeds	1 sachet	1 sachet	1 sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2517 /602	488 /117
Fat (g)	22	4
Sat. Fat (g)	5	1
Carbohydrate (g)	81	16
Sugars (g)	15	3
Protein (g)	19	4
Salt (g)	2.64	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 7) Milk 11) Soya 13) Cereals containing Gluten

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 Veg

- Preheat your oven to 220°C.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then halve widthways. Halve any large **cauliflower florets**.
- Pop the **cauliflower** and **pepper** onto a large baking tray. Spread the **tikka paste** over the **veg**, season with **salt** and **pepper** then toss to coat. **TIP:** *Alternatively, pop the veg, tikka paste and seasoning into a freezer bag, then shake in the bag to easily coat. Spread out in a single layer.*

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



## Toast the Peanuts

- When 5 mins of roasting time remain, add the **peanuts** to the **veg** baking tray.
- Return the tray to the oven and roast for the remaining time until the **peanuts** are toasted and golden, 4-5 mins.



## Prep the Rest

- Meanwhile, quarter the **baby plum tomatoes**.
- Roughly chop the **coriander** (stalks and all).
- Roughly chop the **peanuts**.



## Bake the Naans

- When 3 mins of cooking time remain, sprinkle the **naans** with a little **water**.
- Pop the **naans** into the oven to warm through, 2-3 mins.



## Make the Raita

- Pop **three quarters** of the **yoghurt** into a medium bowl.
- Stir the **tomatoes** and **half** the **coriander** through the **yoghurt**.
- Taste and season with **salt** and **pepper**. Set aside.



## Serve

- When everything is ready, pop a **warmed naan** onto each plate and spread over the remaining **yoghurt**.
- Top with the **roasted tikka cauliflower and pepper**.
- Spoon over the **tomato raita** - as much as you'd like.
- Sprinkle over the remaining **coriander**, **nigella seeds** and **toasted peanuts** to finish.

Enjoy!