



Warm Indian-Style Potato and Roasted Cauliflower with Mango Yoghurt Dressing



BALANCED 30 Minutes • Under 600 Calories • Little Heat • 2 of your 5 a day • Veggie



Salad Potatoes



Cauliflower Florets



Echalion Shallot



Green Beans



Red Chilli



Coriander



Desiccated Coconut



Ground Turmeric



North Indian Style Curry Powder



Nigella Seeds



Greek Yoghurt



Mango Chutney



Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Colander, some Baking Paper, a Baking Tray and Large Frying Pan (with a Lid).

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Echalion Shallot**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Red Chilli**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Desiccated Coconut	25g	25g	50g
Ground Turmeric	1 pot	1 pot	1 pot
North Indian Style Curry Powder	1 small pot	1 large pot	1 large pot
Nigella Seeds	1 small pot	1 large pot	1 large pot
Greek Yoghurt 7)**	150g	225g	300g
Mango Chutney	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	616g	100g
Energy (kJ/kcal)	1841/440	299/71
Fat (g)	18	3
Sat. Fat (g)	11	2
Carbohydrate (g)	56	9
Sugars (g)	24	4
Protein (g)	14	2
Salt (g)	0.80	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Potatoes

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks and add them to the boiling **water**, bring back to the boil and simmer until you can slip a knife through, 12-15 mins. Drain in a colander and leave to one side.



4. Mango Yoghurt Time

Stir the **beans** into the pan. Add a splash of **water** then cover the pan with a lid (or some foil) and leave to steam-fry until the **beans** are just cooked but still with some bite, 4-5 mins. Meanwhile, pop the **yoghurt** in a small bowl. Stir in the **mango chutney**, the remaining **nigella seeds**, **half** the **coriander** and a pinch of **chilli**. Season to taste with **salt** and **pepper**.



2. Roast the Cauli

Meanwhile, pop the **cauliflower florets** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, spread out and roast on the top shelf of your oven until soft and golden, 20-25 mins. Turn halfway. While the **cauli** cooks, peel and thinly slice the **shallot**. Trim the **green beans** and chop into thirds. Halve the **chilli** lengthways, remove the seeds and finely chop. Roughly chop the **coriander** (stalks and all).



5. Finish Up

Stir the **spinach** a handful at a time into the **beans** until wilted. Gently stir in the **cooked potatoes** and **cauliflower**, taking care not to break them up but ensuring they get coated in all the flavours. Stir through **half** the **toasted coconut** then season to taste with **salt** and **pepper**.



3. Start Frying

Pop a large frying pan on medium-high heat (no oil!). Add the **desiccated coconut** and toast, stirring occasionally, until golden, 1-2 mins. **TIP: Watch it like a hawk!** Transfer to a bowl and wipe out the pan. Return the pan to medium heat with a drizzle of **oil**. Add the **shallot** and fry, stirring occasionally, until soft, 2-3 mins. Stir in the **turmeric**, **curry powder** and **half** the **nigella seeds** and cook for 30 seconds.



6. Serve

Pile the **Bombay-style warm potatoes** and **veggies** onto your plates. Dollop over the **mango yoghurt dressing** and finish with the remaining **coconut**, **coriander** and **chilli**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar

Featured Ingredient: Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.