

DINNERLY



Goan Roasted Cauliflower with Raisins and Rice



20-30 minutes



4 Servings

This Indian-inspired pilaf with cauliflower and carrots roasted in mild Goan curry paste is equal parts easy peasy and downright delicious.

WHAT WE SEND

- 1kg cauliflower
- 80g goan-style curry paste
- 200g Greek-style yoghurt ⁷
- 100g raisins
- 300g basmati rice
- 3 carrots

WHAT YOU NEED

- red wine vinegar ¹⁷
- sea salt and pepper
- vegetable oil
- water

TOOLS

- large saucepan
- roasting pan or oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 705kcal, Fat 25.8g, Carbs 92.9g, Proteins 16.6g



1. Prep vegetables

Preheat the oven to 200C. Bring **1.5L (6 cups) salted water** to the boil in a large saucepan for the rice. Trim the **cauliflower**, then cut the head into small florets and coarsely chop the stem. Peel the **carrots**, halve lengthwise, then cut into 2cm-wide chunks.



2. Roast vegetables

Put the **cauliflower** and **carrot** in a roasting pan. Combine the **Goan-style curry paste**, **80ml (1/3 cup) olive oil** and **1 tbs red or white wine vinegar** in a small bowl. Season with **salt and pepper**. Drizzle over the vegetables, toss to coat, then roast for 18-20 mins until the vegetables are tender.



3. Cook rice

Meanwhile, cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain, cover to keep warm and set aside.



4. Add raisins

Remove the **roasted vegetables** from the oven. Add the **raisins** and toss to combine.






5. Serve up

Divide the **rice** and **Goan roasted vegetables** among plates and dollop with the **yoghurt** to serve.



6. Make it yours

Add another dimension to this flavour-packed dish by scattering with chopped coriander to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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from at least **75%**
Australian ingredients