



CURRY-SPICED CAULIFLOWER AND SQUASH

over Zesty Ginger Rice with Lemon Crema



HELLO

CURRY VEG + GINGER RICE

Warming spices like curry and coriander are a perfect pair with sweet, peppery ginger rice.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 410



Butternut Squash



Lemon



Curry Powder



Jasmine Rice



Cauliflower Florets



Ginger



Ground Coriander



Sour Cream
(Contains: Milk)

START STRONG

Before cutting your lemon, roll it back and forth on the counter while applying pressure with the heel of your hand. You'll get more juice this way.

BUST OUT

- Zester
- Peeler
- Baking sheet
- Medium pot
- Small bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------|--------------------|
| • Cauliflower Florets | 10 oz 20 oz |
| • Lemon | 1 2 |
| • Ginger | 1 Thumb 2 Thumbs |
| • Butternut Squash | 8 oz 16 oz |
| • Curry Powder | 1 TBSP 2 TBSP |
| • Ground Coriander | 1 tsp 2 tsp |
| • Jasmine Rice | ½ Cup 1 Cup |
| • Sour Cream | 2 TBSP 4 TBSP |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Cut **cauliflower** into ½-inch pieces. Zest **lemon**, then cut into quarters. Peel **ginger**, then mince or grate.



4 MAKE CREMA

Place **sour cream** in a small bowl, then squeeze in **juice** from 1 lemon quarter. Stir in **1 TBSP water**, a drizzle of **olive oil**, and a pinch of **curry powder**. Season with **salt**.



2 ROAST VEGGIES

Toss **squash** and **cauliflower** on a baking sheet with a large drizzle of **olive oil**, **2 tsp curry powder** (save the rest for step 4), **coriander**, **salt**, and **pepper**. Roast in oven until tender and lightly browned, 20-25 minutes.



5 FINISH RICE

Fluff **rice** with a fork, then stir in **lemon zest**.



3 COOK RICE

Meanwhile, heat a drizzle of **olive oil** in a medium pot over medium-high heat. Add **ginger**. Cook until fragrant, about 30 seconds. Add **rice** and **¾ cup water**. Bring to a boil, then cover, lower heat, and reduce to a gentle simmer. Cook until tender, 12-15 minutes. Keep covered off heat.



6 PLATE AND SERVE

Divide **rice** between plates. Top with roasted **squash** and **cauliflower**. Drizzle with **crema**. Serve with remaining **lemon quarters** for squeezing over.

TA-DA!

Next time, add garlic to your ginger rice for extra oomph.

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