



INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



1 | 1
Yellow Onion



13.4 oz | 26.8 oz
Chickpeas



¼ oz | ½ oz
Cilantro



1 TBSP | 2 TBSP
Curry Powder



½ Cup | 1 Cup
Jasmine Rice



1 tsp | 1 tsp
Garam Masala



5 oz | 10 oz
Curry Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Yogurt
Contains: Milk

HELLO

GARAM MASALA

A versatile, warming, earthy Indian spice blend that includes cumin, coriander, cardamom, cinnamon, black pepper, and ginger

CAULIFLOWER & CHICKPEA TIKKA MASALA

with Rice, Yogurt & Cilantro



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 740



THE RICE IS RIGHT

Want to nail the perfect pot of rice? Once your water boils in step 3, immediately cover the pot with a tight-fitting lid and reduce the heat to the lowest setting. Let it simmer until no water remains (resisting the urge to peek!). Finally, let the pot sit off heat for a few minutes while you cook the rest of the meal. This crucial step allows the moisture to redistribute, giving you tender, fluffy grains every time.

BUST OUT

- Strainer
- Medium bowl
- Baking sheet
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **cauliflower** into bite-size pieces if necessary. Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Drain **chickpeas**, reserving **¼ cup liquid (½ cup for 4)**. Pick **cilantro leaves** from stems.



2 ROAST CAULIFLOWER

- In a medium bowl, toss **cauliflower** with a **large drizzle of olive oil**, **curry powder**, and a **couple big pinches of salt** until coated.
- Spread cauliflower out on a baking sheet; roast on top rack until tender, 20-25 minutes.



3 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



4 START TIKKA MASALA

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and a **pinch of salt and pepper**; cook, stirring occasionally, until lightly browned, 4-5 minutes.
- Add **chickpeas** and **half the garam masala (all for 4 servings)**; cook, stirring occasionally, until fragrant, 1-2 minutes.



5 FINISH TIKKA MASALA

- Stir in **curry sauce base**, **reserved chickpea liquid**, **½ tsp sugar (1 tsp for 4 servings)**, **¼ cup water (½ cup for 4)** to pan with **chickpeas**. Cook, stirring occasionally, until thickened, 1-2 minutes.
- Remove from heat; stir in **2 TBSP butter (4 TBSP for 4)** until melted. Taste and season with **salt** and **pepper**.



6 SERVE

- Fluff **rice** with a fork; divide between one side of each bowl. Serve **chickpeas** next to rice. Arrange **cauliflower** in the middle. Drizzle with **yogurt**. Sprinkle with **cilantro leaves** and serve.