



INDIAN-SPICED POTATO & CAULIFLOWER

with Mango Yoghurt Dressing



HELLO MANGO

Mangoes were first grown in India over 5,000 years ago.



New 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

MEAL BAG

30 mins

Veggie

3 of your 5 a day

Little heat

Chef Lizzie is a bit of a globetrotter and finds inspiration wherever she goes. This delicious recipe is a recreation of a memorable meal she enjoyed on her travels, and is guaranteed to transport you to the bustling streets of India. Cubes of potato and cauliflower are cooked with crunchy green beans, red chilli and spinach with a delicate blend of spices to make a warming dish you'll be coming back to again and again. To bring the flavours to life, serve with a cooling mango yoghurt dressing and a crunchy blend of nigella seeds and desiccated coconut - it's a game changer

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Baking Tray, Large Frying Pan (with Lid)** and some **Kitchen Paper**. Now, let's get cooking!



1 COOK THE POTATOES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks and pop in a large saucepan. Cover with **water**, add a pinch of **salt** and bring to the boil. Once boiling, cook for 10-15 mins or until you can just slip a knife through. **★ TIP:** *You want the potatoes just cooked - if they are too soft they will fall apart later! Drain in a colander and leave to one side.*



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 through cooking. Halve, peel and thinly slice the **shallot**. Trim the **green beans** and chop into thirds. Halve the **chilli** lengthways, deseed and finely chop. Roughly chop the **coriander** (stalks and all).



3 START FRYING

Pop a large frying pan on high heat (no oil!). Add the **desiccated coconut** and toast, stirring occasionally, until golden, 1-2 mins. **★ TIP:** *Watch it like a hawk or it will burn!* *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.



4 STEAM-FRY THE BEANS

Add the **green beans** to the pan. with a splash of **water** then immediately 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**.



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**.



6 SERVE

Pile the **warm Indian potato salad** onto your plates. Dollop over the **mango yoghurt dressing** and finish with the remaining **coconut, coriander** and **chilli**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New 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	1 sachet	1½ sachets	2 sachets
Ground Turmeric	1 pot	1½ pots	2 pots
North Indian Style Curry Powder	1 pot	1½ pots	2 pots
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Greek Yoghurt 7) *	1 pouch	1½ pouches	2 pouches
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 FOR UNCOOKED INGREDIENT	PER SERVING 616G	PER 100G
Energy (kJ/kcal)	1784 / 427	290 / 69
Fat (g)	18	3
Sat. Fat (g)	11	2
Carbohydrate (g)	55	9
Sugars (g)	24	4
Protein (g)	14	2
Salt (g)	1.00	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!