



Spiced Aloo Gobi

with Cauliflower, Potato Curry and Cilantro

Veggie 40 Minutes



-  Red Potato
-  Roma Tomato
-  Garlic
-  Cauliflower, florets
-  Indian Spice Mix
-  Vegetable Broth Concentrate
-  Basmati Rice
-  Onion, chopped
-  Baby Spinach
-  Tikka Sauce
-  Coconut Milk
-  Cilantro
-  Lime

HELLO ALOO GOBI

This popular and tasty South Asian dish means 'cauliflower and potato'!

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, measuring cups, 2 medium pots, small pot

Ingredients

	2 Person	4 Person
Red Potato	300 g	600 g
Roma Tomato	160 g	320 g
Garlic	6 g	12 g
Cauliflower, florets	285 g	570 g
Indian Spice Mix	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Basmati Rice	¾ cup	1 ½ cup
Onion, chopped	113 g	227 g
Baby Spinach	56 g	113 g
Tikka Sauce	½ cup	½ cup
Coconut Milk	165 ml	400 ml
Cilantro	7 g	14 g
Lime	1	2
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast cauliflower

Add **1 ¼ cups water** (dbl for 4 ppl) to a small pot. Cover and bring to a boil over high heat. Cut **cauliflower** into bite-sized pieces. Add **cauliflower**, **half the Indian Spice Mix** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through cooking, until golden, 28-30 min.



Finish prep

While **potatoes** cook, cut **lime** into wedges. Roughly chop **cilantro**. Peel, then mince or grate **garlic**.



Cook rice and prep

While **cauliflower** roasts, add **rice** to the **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min. Cut **potatoes** and **tomatoes** into ½-inch pieces.



Finish curry

When **potatoes** are fork-tender, increase heat to medium-high and add **garlic** to the pot. Cook, stirring often, until **liquid** is absorbed, 7-8 min. Remove pot from heat, then add **spinach**. Cook, stirring often, until wilted, 1-2 min. Add **coconut milk** and **tikka sauce**. Stir often, until warmed through, 2-3 min. Season with **salt and pepper**.



Cook potatoes

Combine **potatoes**, **tomatoes**, **onions**, **broth concentrate**, **remaining Indian Spice Mix** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, still covered, until **potatoes** are fork-tender, 7-8 min.



Finish and serve

Fluff **rice** with a fork and stir in **half the cilantro**. Season with **salt**. Divide **rice** and **curry** between bowls. Top with **roasted cauliflower** and sprinkle over **remaining cilantro**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!