



# TANDOORI BROCCOLI STEAK

with Fruity Spiced Rice and Tomato Salsa



## HELLO BROCCOLI

Broccoli is very high in Vitamin C, making one cup of chopped broccoli the Vitamin C equivalent of an orange.



Broccoli



Lime



Garlic Clove



Natural Yoghurt



Tandoori Masala Spice Mix



Onion



Ground Turmeric



Raisins



Coriander



Basmati Rice



Vine Tomato



Red Chilli

MEAL BAG

35 mins

2 of your 5 a day

Little heat

Veggie

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Baking Tray**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



## 1 CUT THE STEAKS

Preheat your oven to 200°C. Trim and discard the end from the base of the **broccoli stalk**. Cut the **broccoli** in half down the middle. Cut the halves in half again. You will be left with two thick '**steaks**' from the middle section and two thinner pieces from the edges. Cut these smaller pieces into **florets** (little trees). Zest and quarter the **lime**. Peel and grate the **garlic** (or use a garlic press).



## 2 MAKE THE MARINADE

In a small bowl, mix together the **yogurt**, **tandoori masala spice mix**, **one-quarter** of the **lime juice**, the **olive oil** (see ingredients for amount) and a good pinch of **salt** and **pepper**. Transfer the **marinade** onto a plate. Lay each **broccoli steak** flat on top of the **yogurt** and flip over. Make sure each **steak** is well coated in the **yogurt marinade**. Lay on a lightly oiled baking tray. Toss the **florets** in whatever is left of the **marinade** and set aside.



## 3 ROAST THE BROCCOLI

Pop the **broccoli steaks** on the top shelf of your oven. Roast until tender and golden, 20-25 mins. **★ TIP:** *The broccoli is cooked when you can easily slip a knife through the thickest part of the stalk!* After 10 mins, add the **florets** to the tray. In the meantime, fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **onion**.



## 4 COOK THE RICE

Fry the **onion** until soft, 3-5 mins, then add the **turmeric**, **raisins**, **rice** and a pinch of **salt**. Stirring continuously, cook for 1 minute then pour in the boiling **water** (see ingredients for amount). Bring back to the boil, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



## 5 SALSA TIME!

While the rice is cooking, roughly chop the **coriander** (stalks and all). Chop the **tomato** into 1cm pieces. Halve, deseed and finely chop the **chilli**. In a small bowl, combine the **tomato**, **coriander**, **chilli**, **half** the remaining **lime juice**, a pinch of **lime zest**, a pinch of **sugar** and **salt** as well as a good grind of **pepper**. Stir to combine.



## 6 TIME TO EAT!

Once everything is cooked, fluff up the **rice** with a fork and gently mix in the small **broccoli florets**. Divide between plates. Place a **broccoli steak** on top of the **rice** with the **tomato salsa** spooned over. **Now, dig in!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Broccoli	1	1½	2
Lime	1	1	2
Garlic Clove	1	2	2
Natural Yoghurt 7)	1 pouch	1½ pouches	2 pouches
Tandoori Masala Spice Mix	1 small pot	¾ large pot	1 large pot
Olive Oil*	2 tsp	3 tsp	4 tsp
Onion	1	1½	2
Ground Turmeric	1 pot	1 pot	2 pots
Raisins	1 bag	1 bag	2 bags
Coriander	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Vine Tomato	2	3	4
Red Chilli	½	¾	1

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 700G	PER 100G
Energy (kcal)	516	74
(kJ)	2159	308
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	96	14
Sugars (g)	30	4
Protein (g)	20	3
Salt (g)	0.65	0.09

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?

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