



Crispy Cauliflower Dahl

with rice and naan

Veggie 45-50 mins

7



Ginger



Lentils



Basmati Rice



Coconut Milk



Coriander



Cashew Nuts



North Indian Style Spice Mix



Naan



Chilli



Vegetable Stock



Onion



Cauliflower

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Lid, Sieve, Pan with Lid, Medium Pot

Ingredients

	2P	4P
Ginger	1 unit	2 units
Lentils	1 pack	2 packs
Basmati Rice	75 g	150 g
Coconut Milk	180 ml	360 ml
Coriander	10 g	20 g
Cashew Nuts	10 g	20 g
North Indian Style Spice Mix	1 sachet	2 sachets
Naan	2 units	4 units
Chilli	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Onion	1 unit	2 units
Cauliflower	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	684 g	100 g
Energy (kJ/kcal)	3808.9 kJ/ 910.4 kcal	556.9 kJ/ 133.1 kcal
Fat (g)	24.1 g	3.5 g
Sat. Fat (g)	15.8 g	2.3 g
Carbohydrate (g)	131.9 g	19.3 g
Sugars (g)	30.5 g	4.5 g
Protein (g)	23.9 g	3.5 g
Salt (g)	4.6 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut the **cauliflower** into florets and the stems into pieces.
- On a lined baking tray, mix the **cauliflower** with a drizzle of **oil, salt** and **pepper**.
- Roast on the top shelf of the oven until **cauliflower** is tender and crispy, 15-20 mins. Turn halfway through cooking.



Cook the Lentils

- Heat a drizzle of **oil** in a pan on high heat.
- Fry the **onion** and **chilli** (use less if you don't like spice) for 2-3 mins then add the **North Indian spice mix** and **ginger**.
- Add the **lentils, coconut milk**, and diluted **stock** to the pan.
- Reduce the heat and simmer, covered, 10-15 mins over medium heat. Add **salt** and **pepper** to taste.



Get Prepped

- Dilute the **stock** with 250ml hot **water** (double for 4p).
- Finely chop the **onion**.
- Peel and grate the **ginger**.
- Deseed and mince the **chilli**. Finely chop the **coriander**.
- Drain and rinse the **lentils**.



Warm the Naan

- Meanwhile, warm the **naan bread** for 4-6 mins.
- Once the dahl is cooked, just before serving, stir in two-thirds of the roasted **cauliflower**.



Make the Rice

- Boil a pot of **salted water** for the **rice**.
- Add half the **rice** (double for 4p) and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Finish and Serve

- Arrange the **rice** in deep plates or bowls.
- Add the dahl on top, then the rest of the roasted **cauliflower**.
- Sprinkle with the **cashews** and **coriander**.
- Serve the **naan** on the side.

Enjoy!