

# Cauliflower Korma

with Basmati Rice and Chapatis

This mild curry is a great way of introducing kids to curry.

Cals 879 • Prot 25 • Carbs 142 • Fat 33

Vegan

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🕒 cook: 30 min

R3134



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Shallots	2	3	4	Piece
Tomatoes	2	3	4	Piece
Cardamom pods	4	4	6	Piece
Vegetable oil	1	1	2	Tbsp
Water	100	150	200	ML
Ginger garlic paste	10	15	20	Grams
Curry powder	5	8	10	Grams
Coriander powder	2	2	4	Grams
Turmeric powder	2	4	4	Grams
Nutmeg	1	1	1	Grams
Coconut milk	200	400	400	ML
Vegetable stock cube 15*	1	1	2	Piece
Almond flour 1*, 2*	40	60	80	Grams
Mango chutney	50	75	100	Grams
Cauliflower				
Cauliflower	300	400	600	Grams
Vegetable oil	1	1	2	Tbsp
Garam masala	5	5	10	Grams
Salt	0.5	1	1	Tsp
Sides				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Chapati 10*, 11*	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece

Allergens

\*15 Celery, \*1 Peanuts, \*2 Tree Nuts, \*10 Wheat, \*11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3676 / 879
Fat (g)	32.6
of which saturates (g)	12.3
Carbohydrate (g)	142
of which sugars (g)	28
Fiber (g)	18.2
Protein (g)	24.5
Salt (g)	1.7

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **shallots**. Roughly chop the **tomatoes**. Split the **cardamom pods** open with the back of knife. Separate the **cauliflower** into florets.



2 Roast cauliflower

Add the **cauliflower** florets to a lined baking tray. Drizzle with **oil** and sprinkle with the **garam masala** and a generous pinch of **salt**. Toss to coat. Roast in the oven for 20 min.

**Tip!** Don't feel like using the oven? Boil or steam the cauliflower!



3 Boil rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving.



4 Sauté

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots** and cook for 3 min. Add the **garlic ginger paste, curry powder, coriander powder, cardamom pods, turmeric** and a pinch of **nutmeg** and cook for 1 min further.



5 Simmer

Add the **water, coconut milk, stock cube, tomatoes, almond flour** and **mango chutney**. Simmer for 10 min. Meanwhile, place the **chapatis** in the oven and warm through for 3-5 min.



6 Serve

Once ready, fold the roasted **cauliflower** into the sauce. Pick the **fresh coriander** leaves directly into the pan and finish with a squeeze of **fresh lime** juice – this is your **korma**. Serve the **korma** over the **rice**, with the **chapatis** to the side.