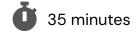


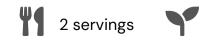


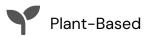


Indian Roast Aloo Gobi

A warming roast salad with charred cauliflower, chickpeas and potato tossed with fragrant Indian spices, sweet onion and ginger, finished with a squeeze of lime and a fresh coriander topping.







Make a curry instead!

Cook the cauliflower, potato, tomatoes and chickpeas with the spices, ginger and coconut milk. Serve over rice with lime wedges.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

6

22g

6g

93g

FROM YOUR BOX

CAULIFLOWER	1/2
MEDIUM POTATOES	2
CHICKPEAS	400g
RED ONION	1
GINGER	1 piece
ALOO GOBI SPICE MIX	1 packet
LEBANESE CUCUMBER	1
CORIANDER	1 packet
CHERRY TOMATOES	1 packet (200g)
LIME	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, large frypan

NOTES

You can toss the salad on the oven tray if your pan isn't large enough.

Aloo Gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and dice **potatoes** (into similar size pieces). Drain **chickpeas**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until tender and cooked through.



2. SAUTÉ THE AROMATICS

Meanwhile, finely dice **red onion**. Peel and grate **ginger**. Add to a large frypan over medium heat with **2 tbsp olive oil**. Stir in **aloo gobi spice mix** and cook for 6-8 minutes until fragrant. Take off heat.



3. PREPARE THE TOPPING

Cut **cucumber** into angular pieces. Chop **coriander** and toss together.



4. TOSS THE SALAD

Halve **tomatoes** and add to pan with **roast vegetables** and **chickpeas** (see notes). Gently toss until well coated. Add **zest and juice from 1/2 lime** (wedge remaining).



5. FINISH AND SERVE

Transfer **vegetables** to a serving bowl. Scatter with **cucumber** and **coriander mix.** Serve with **lime** wedges.

