



Cauliflower and Cashew Nut Pilaf

This is a colorful one-tray bake super easy and tasteful recipe that will help you add veggies and crunch nuts into your diet.

The nutrition profile of cauliflower is quite impressive. It's an extremely healthy vegetable that contains many nutrients such as vitamin C, folate, and vitamin K.

Nutritional Info

Calories: 364 kcal
Carbohydrates: 55 g
Protein: 11 g
Fat: 12 g

Ingredients

- Green Beans
- Basmati Rice
- Raisins
- Cashew Nut Pieces
- Vegetable Stock Cube
- Onion
- Cauliflower
- Spice Mix
 - Cinnamon Stick
 - Bay Leaves
 - Cumin Seeds
 - Turmeric
 - Ground Coriander
- Fresh Ginger
- Garlic Clove

Your Pantry

- Olive Oil / Rapeseed Oil

Allergens


Nuts (Cashews)
Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven & put on the kettle

Put the oven on to 180°C. Boil some water in a kettle for use later on.

2) Prepare the vegetables

Remove the outer layers of the onion and finely slice it. Chop the cauliflower into small florets. Peel and grate the ginger. Crush the garlic cloves. Set all the vegetables aside.

3) Cook the Aromatics

Put some oil in a roasting tray. Then add the ginger, garlic, onion, cashew nuts and cauliflower. Add the spice mix and mix everything together until it's well combined. Spread the mixture out across the tray so it's an even thickness all round.

4) Put your Aromatics in the Oven

Place the oven tray in the oven and cook for 5- 10 minutes, until the onion and cauliflower start to take on some colour. While this cooks move on to the next step.

5) Make the stock

Combine the stock cube with about 125ml of boiling water per person.

6) Add the Rice

Once the mixture has had about 10 minutes of cooking time. Add the raisins, rice and green beans. Stir them through and spread them out evenly across the tray. Pour over the stock. Cover the tray with tin foil and cook for a further 20 minutes until the rice is tender.

7) Plate the dish

Plate up the dish and enjoy this new twist on a classic pilaf.



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