



Cooking Made Easy

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Curried Cauliflower & Potatoes with Green Peas



This one-pot Indian-inspired dish doesn't rely on curry powder alone for punch. We've amped up the flavor profile with extra coriander, cumin, and Thai chili for bite. The best part? You'll have just one pan to clean by the end of the recipe. Oh, and another bonus - leftovers taste even better the next day.

- 40 min
- extra spicy
- vegan
- level 1
- gluten free
- nut free



Cauliflower



Peas



Yukon Potatoes



Curry Powder



Thai Chili



Coriander



Cilantro



Cumin



Crushed Tomatoes



Onion

Ingredients	2 People	4 People
Cauliflower	1 crown	2 crowns
Yukon Potatoes	12 oz	24 oz
Peas	4 oz	8 oz
Cilantro	1 bunch	2 bunches
Crushed Tomatoes	1 can	2 cans
Onion	1	2
Curry Powder	1 T	2 T
Thai Chili	1	2
Coriander	1 t	2 t
Cumin	1 t	2 t
Olive Oil*	1 T	2 T

*Not Included

Allergens
(None)

Tools
Large Tall-Sided Pan

Ruler

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Nutrition per person Calories: 405 cal | Carbs: 60 g | Fat: 15 g | Protein: 13 g | Fiber: 15 g



1 Cut the **cauliflower** into bite-sized florets. Cut the **potatoes** into 1/2-inch pieces. Peel, halve, and thinly slice the **onion**. Coarsely chop the **cilantro**. Thinly slice the **Thai chili**.



2 Heat 1 tablespoon **olive oil** in a large, tall-sided pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened. Add the **coriander**, **cumin**, **curry powder**, and as much **Thai chili** as you dare. Cook, stirring, for 30 seconds, until fragrant.



3 Add the **cauliflower** and **potatoes** and cook, stirring, for another 5 minutes until veggies begin to soften. Season with **salt** and **pepper**.

4 Add 1 cup **water** and 1 cup **crushed tomatoes** to the pan. Season with **salt** and **pepper**. Bring to a boil, then reduce to a simmer and cook, covered, for about 15 minutes, until potatoes and cauliflower are tender.
HINT: If you need more liquid to cover the cauliflower, add additional crushed tomatoes or water.



5 Add the **peas** and **half the cilantro** to the pan and cook for 2 minutes to heat through. Taste and season with **salt** and **pepper**.

6 Garnish with **remaining cilantro** and enjoy!

Did You Know? India has one of the most creative vegetarian cuisines out there! A large percentage of its population sticks to a vegetarian or vegan diet.