

# Oven-Braised Tandoori Cauliflower

*with Garlic-Spinach Rice & Mint-Lime Sauce*

The word “tandoori” comes from the word “tandoor,” a type of intensely hot clay oven traditionally used to cook the dish. Though tandoors are great for searing, an oven that hot isn’t really necessary for braises. Because liquids can only get so hot before evaporating, you can get the same tandoori-style results from a conventional oven. We’re changing the method, but we’re keeping the traditional flavors and braising cauliflower in an intricately-flavored mixture, including coconut milk and spices like cumin, coriander and cardamom.



## Ingredients

- ½ Cup Basmati Rice
- 1 13.5-Ounce Can Coconut Milk
- 4 Cloves Garlic
- 3 Ounces Spinach
- 2 Limes
- 1 Head Cauliflower
- 1 Large Bunch Cilantro
- 1 Large Bunch Mint

## Knick Knacks

- 2 Tablespoons Honey
- 1½ Tablespoons Tandoori Cauliflower Spice Blend  
(Smoked Paprika, Cumin, Coriander, Ancho Chile, Turmeric, Cardamom, Cayenne & Nutmeg)

**Makes 2 Servings**

**About 655 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**





1



## Prepare the ingredients:

Preheat the oven to 475°F. Peel and mince the garlic. Quarter the limes. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Pick the cilantro and mint leaves off the stems; discard the stems.

2



## Make the tandoori sauce:

In a medium bowl, whisk together the **coconut milk**, **half the honey**, **half the garlic**, **all but a pinch of the spice blend** and the **juice of 2 lime wedges**; season with salt and pepper.

3



## Braise the cauliflower:

Place the **cauliflower** in an oven-safe baking dish. Pour the **tandoori sauce** over the cauliflower; stir to coat. Bake 25 to 27 minutes, or until the cauliflower is tender and lightly browned. Remove from the oven.

4



## Make the garlic-spinach rice:

While the cauliflower braises, in a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **remaining garlic and spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until fragrant. Add the **rice**, **a big pinch of salt** and **1 cup of water**. Heat to boiling on high. Once boiling, reduce the heat to medium-low and cover. Cook 14 to 16 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and stir in the **spinach**. Set aside.

5



## Make the mint-lime sauce:

While the cauliflower continues to braise and the rice cooks, roughly chop the **cilantro** and **mint** and place in a medium bowl. Add the **remaining honey** and the **juice of 4 lime wedges**. Drizzle with olive oil and stir until thoroughly combined. Season with salt and pepper to taste. Set aside.

6



## Plate your dish:

Divide the **garlic-spinach rice** and **braised cauliflower** between 2 bowls. Top with some of the **tandoori sauce** from the baking dish. Garnish with the **mint-lime sauce** and **remaining lime wedges**. Enjoy!