

# Braised Tandoori Cauliflower

*with Spinach Rice & Cilantro-Mint Chutney*

Cooking in a tandoor—a clay oven traditionally used in India—results in deliciously intense flavors. In our take on tandoori, we're recreating those flavors at home by oven-braising cauliflower in a complex sauce made with coconut milk and fragrant spices (like coriander, cardamom and turmeric). A bed of spinach and basmati rice is perfect for soaking up the rich flavors of the dish, which we're topping off with a fresh, bright chutney of cilantro and mint.

## Blue Apron Wine Pairings

Babcock Pinot Noir, 2014  
Blue Quail Riesling, 2015



## Ingredients

½ Cup Basmati Rice  
1¾ Cups Coconut Milk  
4 Cloves Garlic  
4 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, Ground Cumin, Ground Coriander, Ancho Chile Powder, Ground Turmeric, Ground Cardamom, Cayenne Pepper & Ground Nutmeg)

**Makes:** 2 servings | **Calories:** about 700 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 25–35 minutes



1



### Prepare the ingredients:

Preheat the oven to 475°F. Quarter the limes. Peel and mince the garlic. 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, combine the **coconut milk** (shaking the can before opening), **the juice of 2 lime wedges**, **half the honey**, **half the garlic** and **all but a pinch of the spice blend**. Whisk until thoroughly combined; season with salt and pepper to taste.

3



### Braise the cauliflower:

In a baking dish, combine the **cauliflower** and **tandoori sauce**; stir to thoroughly coat. Bake 25 to 27 minutes, or until the cauliflower is lightly browned and tender when pierced with a fork. Remove from the oven.

4



### Make the 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 **remaining 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, cover and reduce the heat to medium-low. Simmer 14 to 16 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and add the **spinach**. Stir until thoroughly combined; season with salt and pepper to taste.

5



### Make the chutney:

While the rice simmers, transfer the **cilantro** and **mint** to a cutting board and roughly chop. Transfer to a medium bowl. Add the **remaining honey** and **the juice of 4 of the remaining lime wedges**. Drizzle with olive oil and stir until thoroughly combined; season with salt and pepper to taste.

6



### Plate your dish:

Divide the **spinach rice** and **braised cauliflower** between 2 bowls. Top with a few spoonfuls of the **tandoori sauce** from the baking dish (you will have extra sauce). Garnish with the **chutney**. Serve with the **remaining lime wedges** on the side, if you'd like. Enjoy!