



Creamy Vegetable Korma with Almonds & Raisins

over jasmine rice with roasted cauliflower & Romano pepper

Veggie Nice & Fast

Total time: 25 min. • Based on 2 servings



Jasmine rice



Garlic



Onion



Romano pepper



Garam masala



Yellow curry spices



Cauliflower florets



Roasted salted almonds



Organic Greek yogurt



Raisins

A fresh start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Equipment

Parchment-lined baking sheet, large bowl, wok or sauté pan, pan with lid attachment

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (cloves)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Romano pepper* (pcs)	½	1	1½	2	2½	3
Garam masala (sachets)	¼	½	¾	1	1¼	1½
Yellow curry spices (sachets)	¼	½	¾	1	1¼	1½
Cauliflower florets* (g) 69	150	300	450	600	750	900
Roasted salted almonds (g) 1) 22) 61) 62)	10	20	30	40	50	60
Organic Greek yogurt* (g) 7)	125	250	375	500	625	750
Raisins (g) 60) 61) 62)	10	15	25	30	40	45
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Milk (ml)	50	100	150	200	250	300
Honey (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3389 /810	610 /146
Total fat (g)	38	7
Of which: saturated (g)	10,9	2,0
Carbohydrates (g)	92	17
Of which: sugars (g)	27,8	5,0
Fibre (g)	8	1
Protein (g)	20	4
Salt (g)	1,9	0,3

Allergens

1) Peanuts **7)** Milk **22)** Almonds

May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **69)** Celery



Step 1:

- Preheat the oven to 200°C and bring plenty of water to the boil for the **rice**.
- Crumble in the stock cube and cook the **rice** for 12 - 15 minutes, covered, then drain and set aside without the lid.
- Chop the **onion** and crush or mince the **garlic**. Roughly chop the **almonds** and cut the **pepper** into strips.



Step 2:

- Quarter the **cauliflower florets** and transfer them to a bowl along with the chopped **pepper**.
- Add (per person) 1 tbsp sunflower oil and ¼ tsp salt, then toss well to coat, adding more oil if necessary.
- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 12 - 14 minutes or until golden-brown, tossing halfway.



Step 3:

- Heat ½ tbsp sunflower oil per person in a wok or frying pan over medium-high heat. Fry the **onion, garlic, yellow curry spices, garam masala** and the honey for 1 - 2 minutes.
- Reduce the heat and stir in the **yogurt** and the milk, then allow to reduce gently for 5 minutes until the korma turns a deep golden colour.
- Stir in the roasted **cauliflower** and **pepper**, then season to taste with salt and pepper.



Step 4:

- Serve the **rice** on plates and top with the vegetable korma.
- Garnish with the **raisins** and chopped **almonds**.

Enjoy!