



NUTRITION *per serving* 128g carbohydrates 25g fat 27g protein 1480mg sodium | vegetarian, soy-free, nut-free



Calories
815



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Expert



Spice Level
Mild

IN YOUR BOX

- 1 Cauliflower Head
- 1 Navel Orange
- 6 Cilantro Sprigs
- 2 Garlic Cloves
- 1 Shallot
- 5.3 oz. Plain Greek Yogurt
- 2 1/3 Tbsp. Home Chef Tandoori Spice Mix
- 11 oz. Self Rising Flour
- 8 oz. Buttermilk
- 2/3 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Small Bowl
- 2 Mixing Bowls
- Large Non-Stick Pan

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HOME CHEF

Tandoori Roasted Cauliflower

with garlic naan and orange salad

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- If you can't stand **cilantro**, you're not alone. Natural chemicals present in cilantro can taste "soapy" to some eaters. Feel free to omit from this recipe.
- **Heads Up! Cilantro** is used twice. Half is added to **yogurt sauce** and remainder goes in **orange salad**.
- **Heads Up! Tandoori spice** is used twice. 1 tsp. is added to **yogurt sauce** and remainder coats **cauliflower**.
- Be sure to reserve ¼ cup **flour** before making **naan flatbread** to dust work surfaces.
- **Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **orange salad**.

FROM THE CHEF

Our tandoori spice blend is made with 4 parts each sweet paprika and garam masala, and 1 part each curry powder, ground cumin, and coriander.

When rolling flatbreads, prevent sticking by using reserved bench flour to dust every point of contact, including your hands, rolling pin, work surface, and dough itself.

Did you know...

Forming ovens from mud or clay is as ancient as cooking itself, and the word "tandoor" has roots in Babylonia.



1

Prepare the Ingredients

Remove leaves from **cauliflower head**, halve, and quarter each half into wedges. Using your hands, peel **orange** while keeping fruit whole. Cut orange into ¼" slices across equator. Mince **cilantro** (stems can also be minced). Mince **garlic**. Peel and halve **shallot**. Slice thinly. In a small bowl, combine **yogurt**, half the **cilantro**, 1 tsp. **tandoori spice**, and ½ tsp. **salt**. Set aside for flavors to marry. Set aside ¼ cup **flour**. This "bench flour" will be used later to prevent dough from sticking.



4

Prepare the Naan Dough

Add **flour**, **buttermilk**, 1 Tbsp. **olive oil**, and ½ tsp. **salt** to a medium mixing bowl and slowly stir to form a slightly sticky dough. Dust a clean work surface with reserved **bench flour**. Transfer dough to floured surface and knead 2-3 minutes, folding dough over on itself and pressing down with heel of your hand. *Dough is ready when only slightly sticky and springs back when pressed.* Divide dough into six balls. Roll each dough ball into an oval with a floured rolling pin or bottle, about 8" by 4" and ⅛" thick.



2

Roast the Cauliflower

Place **cauliflower** on prepared baking sheet, drizzle with 2 Tbsp. **olive oil**, remaining **tandoori seasoning**, 1 tsp. **salt**, and ¼ tsp. **pepper**. Rub each cauliflower piece to evenly distribute oil and seasoning. Spread in a single layer and roast 18-22 minutes, or until tender and browned. Remove from oven and set aside.



5

Cook the Naan Dough

Place a large non-stick pan over medium-high heat. Place two pieces of **naan dough** in hot pan (no need for oil) and cook 3 minutes, or until dark brown and slightly charred. Flip and cook 2 more minutes. Remove from pan, stack, and wrap loosely with foil. Repeat with remaining dough. Remove pan from burner. Add **butter** and **garlic** to pan off heat and let melt. Brush each piece of naan with **garlic butter** and serve warm.



3

Marinate the Oranges

Toss **shallots** (to taste), remaining **cilantro**, 1 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** together in a medium mixing bowl. Add **orange slices** and gently toss together. Set aside to marinate.



6

Plate the Dish

Place a serving of **orange salad** and **cauliflower** on a plate. Top cauliflower with **yogurt sauce** or serve on side. Use **naan flatbread** to sop up extra sauce, or fill like "tacos."