

Calder's Kitchen Roasted Cauliflower Pilau

Recipe Image



Ingredients

Product	Quantity
Cauliflower	750.00 g
Sillylilli	50.00 g
Pilau Rice	400.00 g
Sultanas	25.00 g
Ground Paprika	5.00 g
Coriander	30.00 g

Serves: 2

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Contains Mustard	Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery
Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2								

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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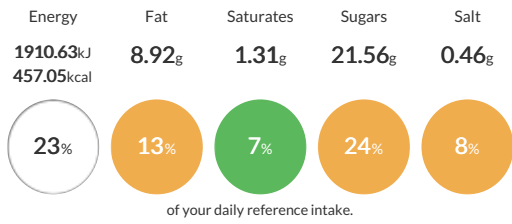
Label Information

Ingredients

Cauliflower (60%) (Cauliflower), Pilau Rice (32%) (Cooked White Rice 89% (water, rice), Onion (7%), Sunflower Oil, Flavouring (Lactose from MILK, Salt, Cumin seeds, Onion powder, Turmeric extract, Vegetable oil, Herb extract, Natural flavourings, Spice extracts). ALLERGEN ADVICE CONTAINS LACTOSE FROM MILK), Sillylilli (4%) (INGREDIENTS Vegetables in varying proportion; Cauliflower, Courgette, Gherkin, Onion, Carrot (41%), Water, Sugar, Spirit Vinegar, Thickeners (Modified Maize Starch), Yellow Scotch Bonnet Mash (Scotch Bonnet Chilli Pepper, Salt) (2%), MUSTARD Powder, Hot Curry Powder, Turmeric, Habanero Powder.), Coriander (2%) (Coriander), Sultanas (2%) (Sultanas (99.5%), Sunflower oil), Ground Paprika (0%) (Paprika).

Reference Intake

Each serving contains:



Nutritional Summary

Energy	1910.63kJ 457.05kCal
Protein	13.79g
Carbohydrates	75.71g
of which sugars	21.56g
Non Milk Extrinsic Sugars	6g
Fat	8.92g
of which saturates	1.31g
Fibre	11.5g
Salt	0.46g
Sodium	0.08g
Iron	3.78mg
Calcium	133.5mg
Zinc	3.08mg
Folate	14µg
Vitamin A	7.5µg
Vitamin C	176.25mg

Method & Recipe Notes

Pre-heat oven to 200 degrees or gas mark 6 Chop cauliflower into smallish florets and place on a baking tray Drizzle olive oil over cauliflower, sprinkle with paprika, ground salt & pepper Heat in the middle of the oven for 15-20 minutes, stirring occasionally until cauliflower begins to brown and is cooked, but still crunchy Cook rice according to guidelines on packet (usually 2 mins in microwave) Add cauliflower and rice to a large saucepan then stir in 2-3 heaped dessert spoons of Calder's Kitchen Silylilli according to taste Add sultanas and the water covering them and warm on a low heat Serve into bowls or a Balti dish and garnish with fresh coriander, and add a dollop of your favourite mango chutney

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