

Kolkata Crispy Rice Casserole

Classic American comfort food with an Indian twist. We're tossing cauliflower, broccoli, and rice with an Indian tomato cream sauce that's downright delicious. Topped with melted cheddar cheese, it's an east-meets-west dish with minimum fuss and maximum flavor.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Skillet (with a cover)

FROM YOUR PANTRY

Olive Oil
Salt/Pepper
water

5 MEEZ CONTAINERS

Broccoli & Cauliflower
Basmati Rice
Spiced Onions
Tomato Cream Sauce
Cheddar and Jack
Cheese

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "rice" instead of the Basmati rice, reducing the **carb per serving to 30g**. In step 3, use the zucchini "rice" and use just ¼ cup water.

Health snapshot per serving – 520 Calories, 26g Fat, 58g Carbs, 17g Protein, 16 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Basmati Rice, Broccoli, Cauliflower, Tomato, Onions, Cream, Monterey Jack, Cheddar, Garlic, Ginger, Garam Masala, Turmeric, Coriander, Cilantro, Lime, Sugar.

meez meals

1. Get Organized

Preheat oven to 350.

2. Cook the Broccoli & Cauliflower

Heat 1 Tbsp olive oil in a large oven safe skillet over medium-high heat. When the skillet is hot, add the **Broccoli & Cauliflower** with a sprinkle of salt and pepper. Sauté until they start to char, about 5 minutes. Remove from the skillet and set aside. Do not wipe out pan.

The Broccoli & Cauliflower will not be fully cooked yet. This step gives them char, and they will finish in step 4.

3. Cook the Casserole

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Basmati Rice** and **Spiced Onions** and stir continuously until the onions start to soften, about 2 minutes. Add the **Tomato Cream Sauce** and 1/3 cup of water. Stir well and bring to a boil.

Remove from the heat and add half the **Cheddar & Jack Cheese**. Stir, well, then cover with a lid (or foil).

Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, about 15 to 20 minutes. add the charred Broccoli & Cauliflower in a single layer. Sprinkle with the remaining cheese and bake, uncovered, until the cheese melts and browns slightly, about 5 minutes.

4. Put It All Together

Let rest for at least 5 minutes, then enjoy!