



### Product Spotlight: Cauliflower


The world's biggest cauliflower was grown in the UK and weighed a whopping 27.5kg! How much is that compared with you or your siblings?



## 1 Roasted Curry Cauliflower with Lemon Fish and Carrot Raita

Family-friendly Indian flavours to satisfy young and old! Roast veggies in curry & coconut sauce, mint & carrot yoghurt raita and fried fish, all served with fragrant basmati rice.

 30 minutes

 4 servings

 Fish

8 March 2021

## Baked fish

*Instead of frying the fish, you can dice it and toss it into the veggie curry tray bake for the last 10 minutes of cooking. You can also dice the carrot and add to the traybake instead of having it fresh in the raita.*

## FROM YOUR BOX

BASMATI RICE	300g
CAULIFLOWER	1/2 *
LEEK	1/2 *
ZUCCHINI	1
COCONUT MILK	165ml
CARROT	1
MINT	1/2 bunch *
NATURAL GREEK YOGHURT	200g
WHITE FISH FILLETS	2 packets
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, curry powder, ground cumin

## KEY UTENSILS

oven dish, large frypan, saucepan

## NOTES

Curry powder varies greatly in strength and spiciness, so add accordingly.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



### 2. ROAST THE VEGETABLES

Cut cauliflower into small florets, slice the leek and dice zucchini. Toss together in a lined oven dish with **2-3 tsp curry powder** (see notes), coconut milk, **1 tbsp oil and 1/4 cup water**. Cook for 15-20 minutes until tender.



### 3. MAKE THE RAITA

Grate or julienne carrot and chop mint to yield 1/4 cup (keep some for garnish if desired). Mix with yoghurt, **1 tbsp olive oil, salt and pepper**.



### 4. COOK THE FISH

Heat a frypan over high heat. Rub fish with with **1 tsp cumin** (optional), 2 tsp lemon zest, **oil, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Wedge lemon.

Divide rice among bowls and top with vegetables and fish. Serve with carrot raita and a lemon wedge on the side. Garnish with any reserved mint.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

