

**Product Spotlight:**
Kale

Kale was once known as a poor man's cabbage. It is from the brassica family and is related to broccoli, Brussels sprouts and cabbage. It is high in vitamin C and a great source of fibre.



Turmeric Fried Cauliflower Rice

with Crispy Halloumi

Cauliflower rice fried with ground turmeric, cumin seeds and kale, served with lemon halloumi, crispy chickpeas, fresh mint and chopped almonds.



30 minutes



2 servings



Vegetarian

12 May 2023

Switch it up!

Turn this dish into a tray bake. Cut cauliflower into florets and add to oven tray with spring onions, halloumi, chickpeas and seasoning. Toss with finely sliced kale, the lemon dressing and garnishes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	39g	40g

FROM YOUR BOX

CAULIFLOWER	1/2
SPRING ONIONS	1 bunch
KALE	3 stems
TINNED CHICKPEAS	400g
LEMON	1
HALLOUMI	1 packet
ALMONDS	40g
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground turmeric

KEY UTENSILS

2 frypans, food processor

NOTES

If you don't have a food processor, you can grate your cauliflower or use a knife to finely chop it.



1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice spring onions. Add to pan as you go along with **3 tsp cumin** and **2 tsp turmeric**. Sauté for 3 minutes until spring onions soften.



3. FRY THE CAULIFLOWER RICE

Add cauliflower rice to frypan and cook for 5 minutes. Finely chop kale leaves. Add to pan and cook for a further 5 minutes until cauliflower begins to crisp on bottom of pan.



4. PREPARE THE TOPPINGS

Drain and rinse chickpeas, pat dry with a clean towel or paper towel. Zest lemon and wedge remaining. Cube halloumi and coat with **oil** and lemon zest.



5. COOK THE HALLOUMI

Heat a second frypan over medium-high heat with **oil**. Add halloumi and chickpeas to pan. Cook, turning occasionally, until golden and crisp. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Roughly chop almonds and mint leaves. Divide fried rice among bowls. Top with chickpeas and halloumi. Garnish with almonds and mint. Serve with lemon wedges.



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