




Product Spotlight: Coconut


Coconut contains no cholesterol or trans fats, while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



H4 Roasted Cauliflower Dosas with Coconut Raita

Turmeric roasted cauliflower and crispy chickpeas served in dosas with cucumber and shredded coconut raita.

 25 minutes

 4 servings

 Vegetarian

24 June 2022

Make fritters!

Instead of using the onion bhaji mix to make dosas, use it to make fritters! Finely chop or grate cauliflower and slice onion. Add to onion bhaji mix with water. Cook 1/4 cupfuls in a frypan until golden on each side.

Per serve: **PROTEIN** 12g **TOTAL FAT** 12g **CARBOHYDRATES** 31g

FROM YOUR BOX

CAULIFLOWER	1
BROWN ONION	1
TINNED CHICKPEAS	400g
ONION BHAJI MIX	1 packet
LEBANESE CUCUMBER	1
SHREDDED COCONUT	1 packet (30g)
NATURAL YOGHURT	1 tub
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, white wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Protein upsizer - 1 packet paneer cheese. Cube the paneer. Cook in a frypan with oil until golden on each side. Serve on the platter to add to dosas.



1. ROAST THE FILLING

Set oven to 220°C.

Cut cauliflower into florets. Wedge onion. Drain and rinse chickpeas. Toss on a lined oven tray with **oil, 2 tsp turmeric, salt and pepper**. Roast for 15–20 minutes until cauliflower is tender.



2. PREPARE THE DOSAS

Add onion bhaji mix to a large bowl along with **1 cup water**. Stir to combine to make dosa mixture.



3. COOK THE DOSAS

Heat a frypan over medium–high heat with **oil**. Add 1/2 cupfuls of dosa mixture to the pan and use a spatula to spread the mixture to coat the base of the pan. Cook for 1 minute each side. Remove to a plate, repeat with remaining batter (makes 4).



4. MAKE THE RAITA

Meanwhile, dice cucumber. Add to a bowl along with shredded coconut, yoghurt, **2 tsp vinegar, salt and pepper**. Mix to combine.



5. FINISH AND SERVE

Serve dosas, filling, raita, and snow pea sprouts platter-style tableside for everyone to make their dosa wrap.

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**

