



### Product Spotlight: Black Rice

Black rice is a good source of several nutrients, particularly protein, fibre and iron. It is also rich in antioxidants, making it a great addition to any diet.



## Green Curry Roast Cauliflower with Coconut Mint Dressing

Cauliflower florets roasted with GH Produce's fragrant green curry spice mix and served with a black rice salad with cucumber, radish and nectarine, finished with a creamy coconut milk dressing and crunchy seeds!



30 minutes



2 servings



Plant-Based

24 February 2023

## Add extra protein!

*You can crumble some tempeh or dice firm tofu to add to the tray with the cauliflower for extra protein. Stretch the spice mix out with some ground coriander if needed!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	16g	26g	80g

## FROM YOUR BOX

BLACK RICE	150g
CAULIFLOWER	1/2
GREEN CURRY SPICE MIX	1 sachet
MINT	1 packet
COCONUT MILK	165ml
RADISHES	1 bunch
LEBANESE CUCUMBER	1
NECTARINE	1
SUPER SEED SPRINKLES	1 sachet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

## KEY UTENSILS

saucepan, oven tray, stick mixer or blender

## NOTES

You can use the remaining curry spice mix for other roast vegetables or with coconut milk to create a curry.

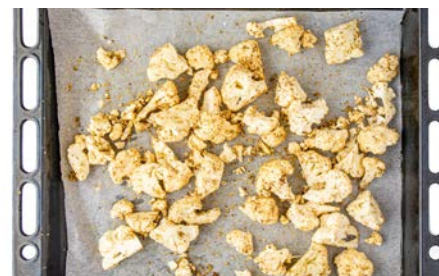
Remove stalks from radishes, rinse in water, then place in a bowl with water. This helps remove sand, keeps them crisp, and removes some of the spiciness.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. ROAST THE CAULIFLOWER

Cut cauliflower into small florets. Toss on a lined oven tray with 1/2 curry spice mix and **oil** until coated (see notes). Roast for 25 minutes until charred.



### 3. MAKE THE DRESSING

Pick mint leaves. Using a stick mixer or blender, blend 1/2 mint together with coconut milk and **2 tsp vinegar**. Season to taste with **salt and pepper**.



### 4. PREPARE THE SALAD

Trim, scrub and slice radishes – use to taste (see notes). Slice cucumber and nectarine into crescents. Set aside with remaining mint.



### 5. FINISH AND SERVE

Toss cooked rice with salad. Top with cauliflower and spoon over dressing to taste. Garnish with seed sprinkles.

**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**

