





Tikka Cauliflower Skewers

with Kachumber Salad

Oven-roasted curried cauliflower skewers served alongside an Indian style tomato, cucumber and onion tossed salad, crispy pappadums and coconut yogurt sauce.

 30 minutes

 2 servings

 Plant-Based

27 January 2023

Mix it up!

Keep the curry sachets for another time and try using Moroccan, Spanish or even Mexican flavours for the skewers.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	25g	36g

FROM YOUR BOX

CAULIFLOWER	1/2
CURRY PASTE SACHET	1
COCONUT YOGHURT	1 tub
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
CORIANDER	1 packet
PAPPADUMS	1 packet
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (white wine or other), skewers

KEY UTENSILS

oven tray

NOTES

You can oven bake the cauliflower cut into florets or steaks if you prefer! Or cook the skewers on the barbecue.

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.



1. MAKE THE SKEWERS

Set oven to 220°C.

Cut cauliflower into florets (see notes). Mix curry paste with 1 tbsp coconut yoghurt and **1 tbsp water** in a large bowl. Add cauliflower and toss to coat. Thread onto **skewers**.



2. COOK THE SKEWERS

Place skewers on a lined oven tray and cook in the oven for 15 minutes or until just tender.



3. MAKE THE SALAD

Chop tomatoes and cucumber. Thinly slice shallot and pick coriander leaves (reserve stems for step 5). Toss all together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



4. COOK THE PAPPADUMS

Cook pappadums according to packet instructions (see notes).



5. MAKE THE SAUCE

Finely chop reserved coriander stems and combine with remaining coconut yoghurt, **1 tsp vinegar, 2 tsp olive oil, salt and pepper**.



6. FINISH AND SERVE

Trim and wedge lettuce.

Serve cauliflower skewers with salad, lettuce, pappadums and sauce at the table.

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**

