



**Product Spotlight:
Cauliflower**

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



Indian Butter Cauliflower Curry

Vibrant flavours of India in a rich “buttery” tomato sauce using one of our favourite curry pastes, cooked with cauliflower, chickpeas and spinach, all served on basmati rice.

 25 minutes

 2 servings

 Plant-Based

7 July 2023

Make a traybake!

You can combine all the vegetables, chickpeas, curry paste and coconut milk in an oven dish and roast it instead of making a curry! Stir the spinach through at the end and garnish with coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	48g	103g

FROM YOUR BOX

BASMATI RICE	150g
TOMATO	1
CAULIFLOWER	1/2
BUTTER CURRY PASTE	1 jar
COCONUT MILK	400ml
TINNED CHICKPEAS	400g
BABY SPINACH	1 bag (60g)
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, saucepan with lid

NOTES

You can use coconut oil to cook this dish for extra fragrance.



1. COOK THE RICE

Place rice in a saucepan and cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE VEGETABLES

Wedge tomato. Cut cauliflower into florets. Add to a large frypan over medium-high heat with **oil** (see notes).



3. SIMMER THE CURRY

Stir in curry paste. Pour in coconut milk. Cover and simmer for 10–12 minutes until vegetables are tender.



4. ADD THE CHICKPEAS

Drain and stir in chickpeas along with spinach. Cook for a further 2–3 minutes until spinach has wilted. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Chop coriander. Use to garnish curry. Serve with rice.



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