



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Jackfruit


Jackfruit is a large, green fruit with tough knobby skin and yellow segmented flesh. It is naturally sweet, and young jackfruit is used like a vegetable in cooking in some parts of Asia.



K2 Jackfruit Curry with Cauliflower Rice

Smooth coconut milk-based curry sauce cooked with jackfruit, capsicum and courgettes and finished with lightly pickled onion, cashews and coriander.

 30 minutes

 2 servings

 Plant-Based

19 August 2022

Spice it up!

If you like it hot, add some chilli flakes in step 2. Boost the flavour of the cauliflower rice by frying off 2 tsp cumin seeds before you add the 'rice' to the pan.

Per serve: **PROTEIN** 23g **TOTAL FAT** 53g **CARBOHYDRATES** 86g

FROM YOUR BOX

SHALLOTS	2
RED CAPSICUM	1
COURGETTES	2
CURRY PASTE	1
CURRY LEAVES	1 frond
TINNED JACKFRUIT	400g
COCONUT MILK	400g
CAULIFLOWER	1
CORIANDER	1 packet
CASHEWS	1 packet (50g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground turmeric, vinegar (of choice), sugar

KEY UTENSILS

frypan x 2, food processor

NOTES

If you don't have a food processor, you can finely chop the cauliflower or grate it with a box grater.

Use cauliflower rice to taste. If you rice all of it, you can freeze half for later or cut the whole cauliflower in half first and keep the second half for another dish during the week.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **oil**. Slice 1 shallot and add to pan. Slice and add capsicum and courgettes along with curry paste, curry leaves, **2 tsp cumin** and **1/2 tsp turmeric**.



2. ADD THE JACKFRUIT

Drain and add jackfruit along with coconut milk and **1/2 cup water**. Cover and simmer for 10 minutes.



3. PICKLE THE SHALLOT

Slice remaining shallot into a glass or ceramic bowl with **1 tbsp vinegar**, **1 tsp sugar** and **1/2 tsp salt**. Mix well.



4. MAKE CAULIFLOWER RICE

Roughly chop cauliflower. Place in a food processor and pulse until it resembles rice (see notes). Heat a second frypan over medium-high heat with **oil**. Add cauliflower rice and cook for 6-8 minutes. Season with **salt and pepper**.



5. PREPARE THE TOPPINGS

Roughly chop coriander (including stems) and cashews.



6. FINISH AND SERVE

Season curry to taste with **salt and pepper**.
Serve cauliflower rice with curry and pickled shallot. Top with coriander and cashews.

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

