



**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.




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

 4 servings

 Plant-Based

27 January 2023

Change it up!

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

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|------------|---------|-----------|---------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 11g | 17g | 28g |

FROM YOUR BOX

| | |
|---------------------|----------|
| CAULIFLOWER | 1 |
| CURRY PASTE SACHETS | 2 |
| COCONUT YOGHURT | 1 tub |
| TOMATOES | 2 |
| LEBANESE CUCUMBERS | 2 |
| CORIANDER | 1 packet |
| SHALLOT | 1 |
| PAPPADUMS | 1 packet |
| TOMATO RELISH | 1 jar |
| GEM LETTUCE | 3-pack |

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 2 tbsp coconut yoghurt and **2 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, cucumbers and coriander. Thinly slice shallot and toss all together with **2 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

Mix relish with remaining coconut yoghurt.



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**

