



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.



K4 Jackfruit Curry with Cauliflower Rice

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

 30 minutes

 4 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** 14g **TOTAL FAT** 35g **CARBOHYDRATES** 51g

FROM YOUR BOX

RED ONION	1
RED CAPSICUM	1
ZUCCHINI	1
CURRY PASTE SACHET	1
CURRY LEAVES	2 fronds
TINNED JACKFRUIT	2 x 400g
COCONUT MILK	400g
CAULIFLOWER	1
CORIANDER	1 packet
CASHEW NUTS	1 packet (100g)

FROM YOUR PANTRY

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

KEY UTENSILS

large 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.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **oil**. Slice onion and add 3/4 to saucepan (reserve 1/4 for step 3). Slice and add capsicum and zucchini along with curry paste, curry leaves, **3 tsp cumin** and **1 tsp turmeric**.



2. ADD THE JACKFRUIT

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



3. PICKLE THE ONION

Place remaining sliced onion 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 onion. Top with coriander and cashews.

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