

**Product Spotlight:
Cashews**

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



Spiced Trout

with Cauliflower and Cashew Rice

Pan-fried cauliflower and cashew rice, served with ocean trout, spiced curry leaf oil, fresh mint and cucumber salsa and slices of green chilli!



30 minutes



4 servings



Fish

Spice it down!

Remove the seeds from the green chilli to reduce the heat. Also check your curry powder, some can have quite a kick! Use less for a milder heat.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	29g	34g

FROM YOUR BOX

CAULIFLOWER	1
SALTED/ROASTED CASHEWS	2 x 40g
BROWN ONION	1
GARLIC	2 cloves
LEBANESE CUCUMBERS	2
MINT	1 packet
GREEN CHILLI	1
CURRY LEAVES	2 fronds
RAITA SPICE MIX	1
OCEAN TROUT	2 packets

FROM YOUR PANTRY

coconut oil, curry powder, salt, pepper, white wine vinegar

KEY UTENSILS

2 frypans, food processor

NOTES

If you don't have a food processor you can grate your cauliflower or use a knife to finely chop it. Alternatively, cut in into florets and roast.

Cook the cauliflower rice for longer and stir less to create more of those delicious crispy bits.

Raita spice mix: black mustard seeds, fennel seeds, cumin seeds, flaked sea salt.



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1. PREPARE THE CAULIFLOWER

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



2. PREPARE THE INGREDIENTS

Roughly chop cashews, dice onion and crush garlic. Crescent cucumbers. Pick mint leaves and thinly slice chilli.

Season trout with **salt** and **pepper** and set aside.



3. COOK CAULIFLOWER RICE

Heat a large frypan over medium-high heat with **coconut oil**. Sauté onion and cashews for 5 minutes. Add cauliflower rice, garlic and **2-3 tsp curry powder**. Cook, stirring occasionally, for 5 minutes (see notes).



4. COOK THE TROUT

Heat a second frypan over medium-high heat with **1 tbsp coconut oil**. Add curry leaves and spice mix. Cook for 2 minutes and remove from pan. Add trout and cook for 2-4 minutes each side until cooked to your liking.



5. MAKE THE SALSA

Add cucumbers and mint leaves to a bowl along with **2 tsp vinegar**. Season to taste with **salt** and **pepper** and toss to combine.



6. FINISH AND SERVE

Divide cauliflower rice among plates. Add trout and salsa. Drizzle over spiced oil with curry leaves.

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