



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



Golden Cauliflower with Saffron Rice and Coconut Sauce

A bowl of sunshine featuring saffron and cashew rice topped with roast cauliflower, creamy curried coconut sauce, pickled onion and crispy curry leaves.



30 minutes



2 servings



Plant-Based

Switch it up!

You can transform this dish into a curry if preferred! Cook the cauliflower florets with vegetables and coconut milk in the one pan, and add some chickpeas if you like. Serve with rice.

Per serve: **PROTEIN** 17g **TOTAL FAT** 26g **CARBOHYDRATES** 84g

FROM YOUR BOX

CAULIFLOWER	1/2
SAFFRON THREADS	1 packet
ROASTED CASHEWS	1 packet (40g)
BASMATI RICE	150g
RED ONION	1
CURRY LEAVES	2 fronds
GINGER	1 piece
TOMATO	1
KALE LEAVES	3
COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, ground turmeric, apple cider vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan, oven tray

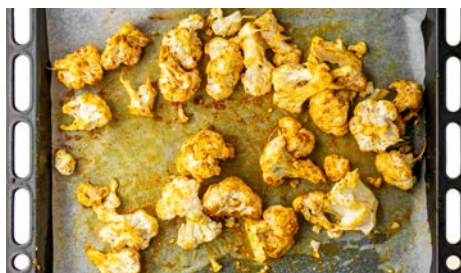
NOTES

You can use 1/2 packet saffron if preferred, or if you like a less floral flavour you can start with 1/4 packet.

Add more oil to pan if needed. Coconut oil works well for this dish.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Toss with **1/2 tbsp curry powder, oil salt and pepper**. Roast for 20 minutes until tender and cooked through.



4. SAUTÉ THE AROMATICS

Slice remaining onion and add to pan. Peel and grate ginger, wedge tomato. Add to pan as you go along with **1 1/2 tsp turmeric** (see notes). Cook for 5 minutes.



2. COOK THE RICE

Add **1/4-1/2 packet saffron**, cashews and rice to saucepan (see notes). 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.



5. SIMMER THE SAUCE

Slice and shred kale leaves. Add to pan and cook until wilted. Pour in coconut milk and simmer for 5 minutes. Season with **salt**.



3. PREPARE THE TOPPINGS

Thinly slice 1/2 the onion and add to a non-metallic bowl. Stir in **3 tbsp vinegar, 1/2 tsp salt** and **1 tsp sugar**. Set aside.

Add curry leaves to a frypan over medium-high heat with **oil**. Cook for 1-3 minutes until crispy. Remove from pan.



6. FINISH AND SERVE

Divide rice, cauliflower, curry sauce and pickled onion among bowls. Garnish with curry leaves.

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**

