

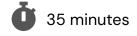




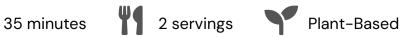
## **Ayurvedic Kitchari**

## with Roasted Golden Cauliflower

Kitchari is an Ayurvedic dish made with rice and lentils. Comforting and nourishing, this version is topped with golden roasted cauliflower and served with papadums.







# Omit the rice!

Make a traditional Dahl by following the instructions on the packet. Add cauliflower florets and serve with papadums.

TOTAL FAT CARBOHYDRATES

37g

152g

#### **FROM YOUR BOX**

CAULIFLOWER	1/2
LEMON	1
GINGER	1 piece
BASMATI RICE	150g
CURRY LEAVES	2 fronds
MUNG DAHL KIT	1 packet
CARROT	1
COCONUT MILK	165ml
PAPADUMS	1 packet
CORIANDER	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, turmeric, apple cider vinegar (or other)

#### **KEY UTENSILS**

oven tray, large pan, frypan (or microwave)

#### **NOTES**

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.





#### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into small florets and halve lemon. Place on oven tray and toss with 1 tsp turmeric, salt and oil. Roast for 20 minutes or until tender and golden.



#### 2. COOK THE AROMATICS

Grate ginger and rinse rice.

Heat a large pan with **oil** over medium heat. Add ginger, curry leaves and spice mix (from packet) and cook for 30 seconds or until fragrant, being careful not to burn. Stir in rice to coat.



#### 3. SIMMER THE KITCHARI

Dice carrot and add to pan with mung beans (from packet), coconut milk and 1L water. Stir to combine. Simmer for 20-25 minutes over medium heat or until tender.



#### 4. COOK THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



### 5. SEASON THE KITCHARI

Season Kitchari with 2 tsp vinegar, salt and pepper to taste. Add more water if needed.



#### 6. FINISH AND SERVE

Serve Kitchari in bowls topped with cauliflower and coriander. Serve with a squeeze of the roasted lemon and papadums.





