



### Product Spotlight: Cashews

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



## Coconut Cauliflower Curry with Yellow Rice

A bowl of sunshine featuring cashew rice topped with creamy curried coconut cauliflower, tomatoes and kale, garnished with pickled onion.



30 minutes



2 servings



Plant-Based

## Switch it up!

*You can add some tinned chickpeas or lentils to the curry for extra protein.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	30g	99g

## FROM YOUR BOX

ROASTED CASHEWS	40g
BASMATI RICE	150g
RED ONION	1
GINGER	1 piece
TOMATO	1
CURRY LEAVES	2 fronds
BUSH CURRY MIX	1 sachet
CAULIFLOWER	1/2
COCONUT MILK	400ml
KALE LEAVES	2

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar (of choice)

## KEY UTENSILS

large frypan with lid, saucepan with lid

## NOTES

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



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### 1. COOK THE RICE

Add **cashews** and **rice** to saucepan. 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.



### 2. PICKLE THE ONION

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



### 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with **oil**. Slice remaining **onion**, peel and grate **ginger**, wedge **tomato**. Add all to pan as you go along with **curry leaves** and **curry spice mix** (see notes). Cook for 5 minutes.



### 4. ADD THE CAULIFLOWER

Cut **cauliflower** into small florets. Add to pan and stir until coated. Pour in **coconut milk**. Cover and simmer for 10–12 minutes until cauliflower is tender.



### 5. ADD THE KALE

Shred **kale** leaves. Add to pan and cook until wilted. Season with **salt and pepper**.



### 6. FINISH AND SERVE

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

**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**

