

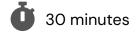




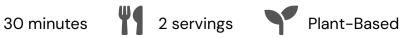
Coconut Cauliflower Curry

with Yellow Rice

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







Switch it up!

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

TOTAL FAT CARBOHYDRATES

18g

FROM YOUR BOX

ROASTED CASHEWS	40g
BASMATI RICE	150g
RED ONION	1
GINGER	1 piece
ТОМАТО	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.



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



