



### Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



## Indian Butter Cauliflower Curry

Vibrant flavours of India in a rich “buttery” tomato sauce using one of our favourite curry pastes, cooked with cauliflower, chickpeas and spinach, all served on basmati rice.



25 minutes



2 servings



Plant-Based

## Make a traybake!

*You can combine all the vegetables, chickpeas, curry paste and coconut milk in an oven dish and roast it instead of making a curry! Stir the spinach through at the end and garnish with coriander.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	48g	103g

## FROM YOUR BOX

BASMATI RICE	150g
TOMATO	1
CAULIFLOWER	1/2
BUTTER CURRY PASTE	2 sachets
COCONUT MILK	400ml
TINNED CHICKPEAS	400g
BABY SPINACH	60g
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan with lid, saucepan with lid

## NOTES

You can use coconut oil to cook this dish for extra fragrance.



### 1. COOK THE RICE

Place **rice** in a saucepan and 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. SAUTÉ THE VEGETABLES

Wedge **tomato**. Cut **cauliflower** into florets. Add to a large frypan over medium–high heat with **oil** (see notes).



### 3. SIMMER THE CURRY

Stir in **curry paste**. Pour in **coconut milk**. Cover and simmer for 10–12 minutes until vegetables are tender.



### 4. ADD THE CHICKPEAS

Drain and stir in **chickpeas** along with **spinach**. Cook for a further 2–3 minutes until spinach has wilted. Season with **salt** and **pepper** to taste.



### 5. FINISH AND SERVE

Chop **coriander**. Use to garnish curry. Serve with rice.



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