



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** 21g **TOTAL FAT** 37g **CARBOHYDRATES** 92g

FROM YOUR BOX

BASMATI RICE	150g
TOMATO	1
CAULIFLOWER	1/2
BUTTER CURRY PASTE	1 jar
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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