



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



Golden Cauliflower with Saffron Rice and Coconut Sauce

A bowl of sunshine featuring saffron and cashew rice topped with roast cauliflower, creamy curried coconut sauce, pickled onion and crispy curry leaves.



30 minutes



4 servings



Plant-Based

Switch it up!

You can transform this dish into a curry if preferred! Cook the cauliflower florets with vegetables and coconut milk in the one pan, and add some chickpeas if you like. Serve with rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	29g	79g

FROM YOUR BOX

CAULIFLOWER	1
SAFFRON THREADS	1 packet
ROASTED CASHEWS	1 packet (80g)
BASMATI RICE	300g
RED ONION	1
CURRY LEAVES	3 fronds
GINGER	1 piece
TOMATOES	2
KALE LEAVES	6
COCONUT MILK	400ml



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Toss with **1 tbsp curry powder, oil salt and pepper**. Roast for 20 minutes until tender and cooked through.



2. COOK THE RICE

Add 1/2 packet saffron, cashews and rice to saucepan (see notes). Cover with **600ml 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.



3. PREPARE THE TOPPINGS

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.

Add curry leaves to a frypan over medium-high heat with **oil**. Cook for 1–3 minutes until crispy. Remove from pan.

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, ground turmeric, apple cider vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

You can use the whole packet of saffron if preferred, or if you like a less floral flavour you can start with 1/2 packet.

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



4. SAUTÉ THE AROMATICS

Slice remaining onion and add to pan. Peel and grate ginger, wedge tomatoes. Add to pan as you go along with **2 tsp turmeric** (see notes). Cook for 5 minutes.



5. SIMMER THE SAUCE

Slice and shred kale leaves. Add to pan and cook until wilted. Pour in coconut milk and simmer for 5 minutes. Season with **salt**.



6. FINISH AND SERVE

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



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