

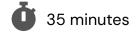




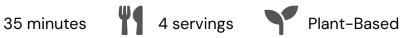
# **Ayurvedic Kitchari**

## with Golden Cauliflower Blossoms

Kitchari is an Ayurvedic dish made with rice and lentils. Comforting and nourishing, this version is topped with golden cauliflower blossoms and served with papadums.







# Omit the rice!

Make a traditional Dahl by following the instructions on the packet. Chop and add cauliflower blossoms and serve with papadums.

TOTAL FAT CARBOHYDRATES

20g

82g

#### FROM YOUR BOX

CAULIFLOWER BLOSSOM	1 punnet
GINGER	1 piece
BASMATI RICE	150g
CURRY LEAVES	2 fronds
MUNG DAHL KIT	1 packet
CARROTS	2
COCONUT MILK	165ml
PAPADUMS	1 packet
CORIANDER	1 packet
TOMATO CHUTNEY	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, turmeric, apple cider vinegar (or other)

#### **KEY UTENSILS**

oven tray, large pan, frypan (or microwave)

#### **NOTES**

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.

\*Due to limited supply, cauliflower has been switched out for cauliflower blossom.





#### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut **cauliflower blossoms** into thirds. Place on an oven tray and toss with **1 tsp turmeric**, **salt and oil**. Roast for 20 minutes or until tender and golden.



#### 2. COOK THE AROMATICS

Grate ginger and rinse rice.

Heat a large pan with **oil** over medium heat. Add ginger, **curry leaves** and **spice mix** (from packet) and cook for 30 seconds or until fragrant, being careful not to burn. Stir in rice to coat.



#### 3. SIMMER THE KITCHARI

Dice **carrots** and add to pan with **mung beans** (from packet), **coconut milk** and **1L water**. Stir to combine. Simmer for 20–25 minutes over medium heat or until tender.



#### 4. COOK THE PAPADUMS

Cook the **papadums** according to preferred method on the packet (see notes).



### 5. SEASON THE KITCHARI

Season Kitchari with **2 tsp vinegar, salt and pepper** to taste. Add more **water** if needed.



### 6. FINISH AND SERVE

Serve Kitchari in bowls topped with cauliflower blossom and **coriander**. Serve with **tomato chutney** and papadums.





