

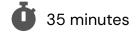




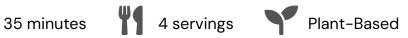
Ayurvedic Kitchari

with Roasted Golden Cauliflower

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







Omit the rice!

Make a traditional Dahl by following the instructions on the packet. Add cauliflower florets and serve with papadums.

TOTAL FAT CARBOHYDRATES

20g

82g

FROM YOUR BOX

CAULIFLOWER	1/2
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.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into small florets. Place on 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 and coriander. Serve with tomato chutney and papadums.



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**



