



Product Spotlight: Cashews

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



Coconut Cauliflower Curry with Yellow Rice

A bowl of sunshine featuring cashew rice topped with creamy curried coconut cauliflower, tomatoes and kale, garnished with pickled onion.



30 minutes



4 servings



Plant-Based

Switch it up!

You can add some tinned chickpeas or lentils to the curry for extra protein. Use a pre made curry paste instead of spices if preferred!

Per serve: **PROTEIN** 17g **TOTAL FAT** 21g **CARBOHYDRATES** 92g

FROM YOUR BOX

| | |
|-----------------|----------|
| ROASTED CASHEWS | 80g |
| BASMATI RICE | 300g |
| RED ONION | 1 |
| GINGER | 1 piece |
| TOMATOES | 2 |
| CURRY LEAVES | 3 fronds |
| BUSH CURRY MIX | 1 sachet |
| CAULIFLOWER | 1 |
| COCONUT MILK | 400ml |
| KALE LEAVES | 4 |

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar (of choice)

KEY UTENSILS

large frypan with lid, saucepan with lid

NOTES

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



1. COOK THE RICE

Add **cashews** and **rice** to saucepan. 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.



2. PICKLE THE ONION

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.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with **oil**. Slice remaining **onion**, peel and grate **ginger**, wedge **tomatoes**. Add all to pan as you go along with **curry leaves** and **curry spice mix** (see notes). Cook for 5 minutes.



4. ADD THE CAULIFLOWER

Cut **cauliflower** into small florets. Add to pan and stir until coated. Pour in **coconut milk**. Cover and simmer for 10–12 minutes until cauliflower is tender.



5. ADD THE KALE

Shred **kale** leaves. Add to pan and cook until wilted. Season with **salt and pepper**.



6. FINISH AND SERVE

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



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