




### 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

 4 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** 18g **TOTAL FAT** 25g **CARBOHYDRATES** 85g

## FROM YOUR BOX

BASMATI RICE	300g
TOMATOES	2
CAULIFLOWER	1
TOMATO PASTE	1 sachet
BUTTER CURRY PASTE	2 sachets
COCONUT MILK	400ml
TINNED CHICKPEAS	400g
BABY SPINACH	1 bag (120g)
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.

Measure 1/2 cup water and swirl it around in the coconut milk tin to rinse it out before adding it to the pan; this will help get all the coconut milk into your curry!



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### 1. COOK THE RICE

Place rice in a saucepan and 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. SAUTÉ THE VEGETABLES

Wedge tomatoes. Cut cauliflower into florets. Add to a large frypan over medium-high heat with **oil** (see notes).



### 3. SIMMER THE CURRY

Stir in tomato paste and curry paste. Pour in coconut milk and **1/2 cup water** (see notes). 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.

**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**

