



**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 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	20g/26g	19g/33g	90g/124g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
TOMATOES	2	3
CAULIFLOWER	1	1 1/2
TOMATO PASTE	1 sachet	2 sachets
BUTTER CURRY PASTE	1 jar	2 jars
COCONUT MILK	400ml	2 x 400ml
TINNED CHICKPEAS	400g	2 x 400g
BABY SPINACH	120g	60g + 120g
CORIANDER	1 packet	2 packets

## 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.

**6P** – cover rice with 900ml water.



### 2. SAUTÉ THE VEGETABLES

Wedge **tomatoes**. Cut **cauliflower** into florets. Add to a large pan 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.

**6P** – use 2 x 400ml coconut milk and no water.



### 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

