



Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Cauliflower Samosa Bowl

with Tomato & Apple Relish

A bright plant-based bowl of roasted cauliflower, potato and chickpeas, flavoured with warm spices, served with a tangy tomato apple relish, cooling cucumber coconut yoghurt, and crispy curry leaves.



40 minutes



Plant-Based



2 servings

Switch it up!

Extra herbs sitting in your fridge? Blend mint, coriander or spring onion green tops with the coconut yoghurt for extra flavour, then stir through the diced cucumber.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	21g	15g	65g

FROM YOUR BOX

CHICKPEAS	400g
MEDIUM POTATOES	3
BROWN ONION	1
CAULIFLOWER	1/2
CURRY SPICE MIX	1 packet
CURRY LEAVES	1 frond
TOMATO	1
GREEN APPLE	1
LEBANESE CUCUMBER	1
COCONUT YOGHURT	120ml
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, white wine vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

Spread veggies over 2 oven trays if it gets crowded. This will ensure quicker and even cooking.

Serve with fresh lime wedges and add toasted seeds or nuts such as pepitas or cashews.

Curry spice mix: mild curry powder, ground cumin, ground coriander, ground paprika, brown sugar, ground cardamom



1. ROAST THE VEG

Set oven to 220°C. Drain and rinse **chickpeas**, dice **potatoes**, wedge **onion** (reserve 1/4 for step 2) and cut **cauliflower** into florets. Toss on a lined oven tray (see notes) with **oil, curry spice mix, salt and pepper**. Roast for 30–35 minutes until golden and tender.



4. MIX THE YOGHURT

Dice **cucumber** (see cover notes). Add to a bowl along with **yoghurt, salt and pepper**. Mix to combine.

Slice **chilli** and set aside.



2. CRISP THE CURRY LEAVES

Heat a saucepan over medium-high heat with **oil**. Add **curry leaves** and cook for 2–3 minutes until crispy. Remove to a lined plate and reserve saucepan for step 3.



3. MAKE THE RELISH

Dice tomato and apple. Reheat saucepan over medium-high heat with **oil**. Add **reserved onion, tomato and apple**. Sauté for 2 minutes to soften **onion**. Add **2 tsp vinegar, 1 tsp cumin seeds and 3 tbsp water**. Simmer, semi-covered, for 10–15 minutes until thickened to **relish** consistency.



5. FINISH AND SERVE

Divide **roasted vegetables** among bowls. Top with **cucumber yoghurt** and **tomato relish**. Garnish with **chilli** and crispy **curry leaves** (see notes).

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