



### Product Spotlight: Black Rice

Black rice is a good source of several nutrients, particularly protein, fibre and iron. It is also rich in antioxidants, making it a great addition to any diet.



## Green Curry Roast Cauliflower with Coconut Mint Dressing

Cauliflower florets roasted with GH Produce's fragrant green curry spice mix and served with a black rice salad with cucumber, radish and nectarine, finished with a creamy coconut milk dressing and crunchy seeds!



30 minutes



2 servings



Plant-Based

## Add extra protein!

*You can crumble some tempeh or dice firm tofu to add to the tray with the cauliflower for extra protein. Stretch the spice mix out with some ground coriander if needed!*

Per serve: **PROTEIN** 14g **TOTAL FAT** 20g **CARBOHYDRATES** 78g

## FROM YOUR BOX

BLACK RICE	150g
CAULIFLOWER	1/2
GREEN CURRY SPICE MIX	1 sachet
MINT	1 packet
COCONUT MILK	165ml
PEPITAS AND SUNFLOWER SEEDS	1 packet
RADISHES	1 bunch
LEBANESE CUCUMBER	1
NECTARINE	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, soy sauce (or tamari)

## KEY UTENSILS

saucepan, oven tray, stick mixer or blender, frypan

## NOTES

You can use the remaining curry spice mix for other roast vegetables or with coconut milk to create a curry.

Remove stalks from radishes, rinse in water, then place in a bowl with water. This helps remove sand, keeps them crisp, and removes some of the spiciness.



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### 1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes or until tender. Drain and rinse with cold water.



### 2. ROAST THE CAULIFLOWER

Cut **cauliflower** into small florets. Toss on a lined oven tray with **1/2 curry spice mix** and **oil** until coated (see notes). Roast for 25 minutes until charred.



### 3. MAKE THE DRESSING

Pick **mint leaves**. Using a stick mixer or blender, blend **1/2 mint** together with **coconut milk** and **2 tsp vinegar**. Season to taste with **salt and pepper**.



### 4. TOAST THE SEEDS

Heat a frypan with **oil**. Add **seeds** along with **2 tsp soy sauce**. Cook, stirring, for 2 minutes.



### 5. PREPARE THE SALAD

Trim, scrub and slice **radishes** (see notes). Slice **cucumber** and **nectarine** into crescents. Set aside with **remaining mint**.



### 6. FINISH AND SERVE

Toss cooked **rice** with **salad**. Top with **cauliflower** and spoon over **dressing** to taste. Garnish with **seed sprinkles**.

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