



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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	TOTAL FAT	CARBOHYDRATES
	11g	10g	68g

FROM YOUR BOX

	4 PERSON	6 PERSON
BLACK RICE	300g	300g + 150g
CAULIFLOWER	1	1 1/2
GREEN CURRY SPICE MIX	1 sachet	2 sachets
MINT	60g	60g
COCONUT MILK	165ml	2 x 165ml
PEPITA AND SUNFLOWER SEEDS	1 packet	2 packets
RADISHES	1 bunch	1 bunch
LEBANESE CUCUMBER	1	2
NECTARINE	1	2

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

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.



Scan the QR code to
submit a Google review!



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.



4. TOAST THE SEEDS

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

6P – use 3 tsp soy sauce.



2. ROAST THE CAULIFLOWER

Cut **cauliflower** into small florets. Toss on a lined oven tray with **curry spice mix** and **oil** until coated. Roast for 25 minutes until charred.



5. PREPARE THE SALAD

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



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**.

6P – blend 3/4 mint leaves with 2 x coconut milk and 1 tbsp vinegar.



6. FINISH AND SERVE

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

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

