

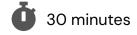




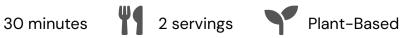
# **Coconut Cauliflower Curry**

# with Yellow Rice

A bowl of sunshine featuring cashew rice topped with creamy curried coconut cauliflower, tomatoes and kale, garnished with pickled onion.







# Switch it up!

You can add some tinned chickpeas or lentils to the curry for extra protein.

TOTAL FAT CARBOHYDRATES

50g

#### **FROM YOUR BOX**

ROASTED CASHEWS	40g
BASMATI RICE	150g
RED ONION	1
GINGER	1 piece
томато	1
CURRY LEAVES	2 fronds
BUSH CURRY SPICE MIX	1 sachet
CAULIFLOWER	1/2
COCONUT MILK	400ml
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KALE LEAVES	2

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar (of choice), ground turmeric

#### **KEY UTENSILS**

large frypan with lid, saucepan with lid

#### **NOTES**

Add more oil to pan if needed. Coconut oil works well for this dish.



#### 1. COOK THE RICE

Add cashews, rice and 1/2 tsp turmeric to a saucepan with 600ml water. Bring to a boil, cover, reduce to medium-low and cook 10–15 minutes. Remove from heat, stand 5 minutes, then fluff with a fork.



#### 2. PICKLE THE ONION

Thinly slice 1/2 onion and add to a non-metallic bowl. Stir in 3 tbsp vinegar, 1/2 tsp salt and 1 tsp sugar. Set aside.



# 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with oil. Slice remaining onion, peel and grate ginger, wedge tomato. Add all to pan as you go along with curry leaves and curry spice mix (see notes). Cook for 5 minutes.



### 4. ADD THE CAULIFLOWER

Cut **cauliflower** into small florets. Add to pan and stir until coated. Pour in **coconut milk**. Cover and simmer for 10-12 minutes until **cauliflower** is tender.



## 5. ADD THE KALE

Shred **kale leaves**. Add to pan and cook until wilted. Season with **salt and pepper**.



#### 6. FINISH AND SERVE

Divide **rice** and **cauliflower curry** among bowls. Garnish with **pickled onion**.



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