

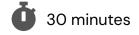




Tikka Cauliflower Skewers

with Kachumber Salad

Oven-roasted curried cauliflower skewers served alongside an Indian style tomato, cucumber and onion tossed salad, crispy papadums and mint yogurt sauce.





2 servings



Mix it up!

Keep the curry sachets for another time and try using Moroccan, Spanish or even Mexican flavours for the skewers.

TOTAL FAT CARBOHYDRATES

16g

63g

FROM YOUR BOX

CAULIFLOWER	1/2
CURRY PASTE SACHET	1
NATURAL YOGHURT	1 tub
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
MINT	1 packet
PAPADUMS	1 packet
BABY COS LETTUCE	1

FROM YOUR PANTRY

olive oil, salt, pepper, vinegar (white wine or other), skewers

KEY UTENSILS

oven tray

NOTES

You can oven bake the cauliflower cut into florets or steaks if you prefer! Or cook the skewers on the barbecue.

Cooking the papadums in the microwave according to packet instructions will be the quickest method and uses less oil.





1. MAKE THE SKEWERS

Set oven to 220°C.

Cut cauliflower into florets. Mix curry paste with 1 tbsp yoghurt and 1/2 tbsp water in a large bowl. Add cauliflower and toss to coat. Thread onto skewers (see notes).



2. COOK THE SKEWERS

Place skewers on a lined oven tray and cook in the oven for 15 minutes or until until just tender.



3. MAKE THE SALAD

Chop tomatoes and cucumber. Thinly slice shallot and mint leaves (reserve some for step 5). Toss all together with 1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.



4. COOK THE PAPADUMS

Cook **papadums** according to packet instructions (see notes).



5. MAKE THE SAUCE

Finely chop reserved mint (to taste) and combine with remaining yoghurt, 2 tsp olive oil, salt and pepper.



6. FINISH AND SERVE

Trim and wedge lettuce.

Serve cauliflower skewers with salad, lettuce, papadums and sauce at the table.





