



### Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



## 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.



30 minutes



2 servings



Vegetarian

## Mix it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	18g	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 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 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.



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