



Product Spotlight: Cashews

The cashew tree originated in Brazil, and large juicy apples with cashew nuts attached to the bottom hang from its branches!



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.



30 minutes



4/6 servings



Plant-Based

Switch it up!

You can add some tinned chickpeas or lentils to the curry for extra protein. Use a pre made curry paste instead of spices if preferred!

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	29g	51g

FROM YOUR BOX

	4 PERSON	6 PERSON
ROASTED CASHEWS	80g	80g + 40g
BASMATI RICE	300g	300g + 150g
RED ONION	1	1
GINGER	1 piece	1 piece
TOMATOES	2	3
CURRY LEAVES	3 fronds	4 fronds
BUSH CURRY SPICE MIX	1 sachet	2 sachets
CAULIFLOWER	1	1 1/2
COCONUT MILK	400ml	2 x 400ml
KALE LEAVES	4	6

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 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.

6P – cover with 900ml water and use 2 tsp turmeric.



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 **red onion**, peel and grate **ginger**, wedge **tomatoes**. 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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