



Product Spotlight: Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



Roast Satay Cauliflower

Spice roasted cauliflower wedges, adzuki beans and red capsicum served on a creamy coconut satay base with crispy fried shallots, fresh coriander and warm flatbreads on the side.



40 minutes



Vegetarian



4/6 servings

Speed it up!

If you're not quick on cutting the cauliflower, cut into florets instead of wedges. They'll roast slightly faster – check them at the 25 minute mark.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	15g/24g	19g/35g	49g/77g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
LIME	1	2
CAULIFLOWER	1	1 1/2
RED CAPSICUM	1	2
TINNED ADZUKI BEANS	400g	2 x 400g
SATAY SAUCE	250ml	2 x 250ml
COCONUT MILK	165ml	2 x 165ml
LEBANESE FLATBREAD	5-pack	2 x 5-pack
CORIANDER	1 packet	2 packets
FRIED SHALLOTS	20g	2 x 20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, cumin seeds, soy sauce

KEY UTENSILS

oven tray, small saucepan

NOTES

The cauliflower may vary in size. Start with cutting the cauliflower into quarters and then into 8 wedges if possible.

Wrap flatbreads in foil or baking paper before warming to keep them soft and prevent them from crisping up.

No gluten option - Lebanese flatbread is replaced with basmati rice. Place rice in a saucepan and cover with 600ml (6P-900ml) water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



1. PREPARE THE MARINADE

Preheat oven to 220°C.

Combine **3 tbsp olive oil**, **2 tsp turmeric**, **2 tsp cumin seeds**, **lime zest**, **salt** and **pepper** in a small bowl.

6P - use **4 tbsp olive oil**, **3 tsp turmeric**, **3 tsp cumin seeds**, **zest from both limes**.



2. ROAST THE VEGETABLES

Cut **cauliflower** into wedges and slice **capsicum** (see notes). Drain and pat dry **adzuki beans**. Add all to a lined oven tray. Pour **prepared marinade** on top and use hands to coat. Roast for 25-30 minutes or until golden and cooked through.



3. MAKE THE SATAY BASE

Meanwhile, combine **satay sauce** and **coconut milk** in a small saucepan over medium heat. Stir for 2-3 minutes, or until warmed through. Stir in juice from **1/2 lime** (wedge remaining) and season with **soy sauce** to taste.

6P - stir in juice from **1 lime**.



4. WARM THE FLATBREADS

In the last 5 minutes of roasting, warm **flatbread** in oven for 3-4 minutes (see notes).

6P - use **flatbread to taste**.



5. FINISH AND SERVE

Spoon **satay base** onto a large sharing plate. Top with **roasted cauliflower wedges**, **adzuki beans** and **capsicum**. Garnish with **fried shallots**, **coriander leaves** and **lime wedges**. Cut **flatbreads** into quarters and serve.

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