



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



4 servings



Vegetarian

Change 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
	19g	12g	58g

FROM YOUR BOX

CAULIFLOWER	1
CURRY PASTE SACHETS	2
NATURAL YOGHURT	2 tubs
TOMATOES	3
LEBANESE CUCUMBERS	2
MINT	1 packet
SHALLOT	1
PAPADUMS	1 packet
GEM LETTUCE	3-pack

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.



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1. MAKE THE SKEWERS

Set oven to 220°C.

Cut **cauliflower** into florets. Mix **curry paste** with 2 tbsp yoghurt and **1 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

Meanwhile, chop **tomatoes** and **cucumbers**. Thinly slice **shallot** and **mint** leaves (reserve some for stew 5). Toss all together with **1 tbsp olive oil**, **1 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, rinse and wedge **lettuce**.

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

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