



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: NO WORRIES CURRIES

No Worries Curries is an Australian owned and family run business. Their mission is to make authentic, rich Indian and Asian curry spice mixes accessible to the everyday cook.



## 3. CREAMY CHICKPEA CURRY WITH CAULIFLOWER RICE

A comforting curry with chickpeas, eggplant and tomato cooked with No Worries Curries spices and creamy coconut milk, served on a bed of cauliflower rice.

 35 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
21g	37g	37g

## FROM YOUR BOX

CAULIFLOWER	1/2
SHALLOT	1
GINGER	30g *
CURRY SPICE MIX	1 packet
SMALL EGGPLANT	1
TOMATO	1
COCONUT MILK	400ml
CHICKPEAS	400g
GREEN BEANS	1/2 bag (75g) *
SPRING ONIONS	1/4 bunch *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper

## KEY UTENSILS

large frypan, small food processor (optional), saucepan with lid

## NOTES

The vegetables should give the curry extra liquid as it cooks. Add water at the end, if needed and season to taste.

We used coconut oil for this dish.



### 1. PREPARE THE CAULIFLOWER

Cut cauliflower into small florets and pulse in a food processor until resembling rice. Alternatively finely chop. Set aside.



### 2. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil**. Slice and add shallot. Peel and grate ginger. Add to pan along with spice mix and cook for 3-4 minutes until softened and fragrant (add more oil if needed).



### 3. ADD THE VEGETABLES AND SIMMER

Dice eggplant and wedge tomato. Add to pan as you go and cook for 2-3 minutes. Pour in coconut milk and drained chickpeas. Cover and simmer for 10 minutes.



### 4. COOK THE CAULIFLOWER RICE

Meanwhile, heat a frypan over medium-high heat with **oil**. Add cauliflower rice and cook, tossing, for 3-5 minutes until tender. Season with **salt and pepper** to taste.



### 5. ADD THE GREEN BEANS

Trim and slice beans. Add to curry for 5 minutes until tender. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide cauliflower rice and curry among bowls. Garnish with sliced spring onions.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

