




Product Spotlight: Cauliflower

While most people choose to eat only the florets, the stem and leaves are also edible and are great for soups and stocks!




Honey Roast Cauliflower with Paneer

Golden cubes of paneer cheese, tossed with curry spiced cauliflower, chickpeas and pearl barley all finished with a honey vinaigrette, toasted almonds and fresh parsley.

 30 minutes

 Vegetarian

 2 servings

Switch it up!

Use lemon or lime juice to make the dressing for a fresh flavour. You could transform this dish into a curry – simmer the cauliflower, chickpeas, paneer and capsicum with curry powder or paste and coconut milk. Serve with rice.

Per serve: **PROTEIN** 31g **TOTAL FAT** 29g **CARBOHYDRATES** 68g

FROM YOUR BOX

PEARL BARLEY	100g
CAULIFLOWER	1
TINNED CHICKPEAS	400g
RED CAPSICUM	1
SHALLOT	1
PARSLEY	1 packet
ALMONDS	40g
PANEER CHEESE	1 packet
HONEY SHOTS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, red wine vinegar, cumin seeds

KEY UTENSILS

small saucepan, frypan, oven tray

NOTES

Spread the vegetables over 2 oven trays if needed.

Press the paneer down into the cumin seeds to help them stick.

No gluten option – pearl barley is replaced with brown rice. Cook for same amount of time as pearl barley.



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1. COOK THE PEARL BARLEY

Set oven to 220°C.

Place **barley** in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



2. ROAST THE TRAYBAKE

Cut **cauliflower** (use to taste) into small florets. Drain and pat **chickpeas** dry. Slice **capsicum** and wedge **shallot**. Toss all on a lined oven tray with **1 tbsp curry powder** (see notes). Roast in oven for 25–30 minutes until caramelised.



3. PREPARE COMPONENTS

Chop **parsley**.

Chop **almonds** and toast in a dry frypan for 5 minutes until golden. Remove from pan.



4. COOK THE PANEER

Dice **paneer** (2–3cm) and coat with **1 tbsp cumin seeds, salt and oil** (see notes). Reheat frypan over medium heat. Cook **paneer** for 5 minutes, turning until golden. Set aside.



5. PREPARE THE DRESSING

Whisk together **honey, 2 tbsp red wine vinegar** and **3 tbsp olive oil, salt and pepper** in a bowl.



6. FINISH AND SERVE

Toss **almonds, pearl barley, roast vegetables, paneer** and **chickpeas** with **dressing** until well combined. Season with **salt and pepper**. Garnish with chopped **parsley** and serve.

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