



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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.

### 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.*



30 minutes



Vegetarian



4/6 servings

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	33g	32g	52g/56g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL BARLEY	100g	2 x 100g
CAULIFLOWER	1	1
TINNED CHICKPEAS	400g	2 x 400g
RED CAPSICUM	1	2
SHALLOTS	2	2
PARSLEY	1 packet	2 packets
ALMONDS	80g	80g + 40g
PANEER CHEESE	2 packets	3 packets
HONEY SHOTS	3	3

## 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** into small florets. Drain and pat **chickpeas** dry. Slice **capsicum** and wedge **shallots**. Toss all on a lined oven tray with **1 1/2 tbsp curry powder** (see notes). Roast in oven for 25-30 minutes until caramelised.

**6P** – Toss with 2 tbsp curry powder.



### 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, 3 tbsp red wine vinegar** and **4 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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