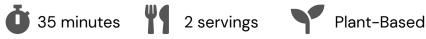


Product Spotlight: Almonds

This nutritious nut is high in protein, rich in vitamin E (great for skin health!) and also a good source of calcium.



Charred cauliflower spiced with turmeric and cinnamon, paired with a fresh mint tabouleh style salad and fragrant brown rice with almonds.









If you're an adventurous foodie and have a range of spices in your pantry, try adding some ground cardamom, cloves or coriander to the cauliflower for little more excitement in your cooking!

FROM YOUR BOX

CAULIFLOWER	1/2
BROWN RICE	150g
MINT	1/2 bunch *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1
SICILIAN OLIVES	1/2 tub *
COCONUT YOGHURT	1 tub (120g)
SLIVERED ALMONDS	1 packet (50g)
SAFFRON	1/2 packet *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground turmeric, ground cinnamon, red wine vinegar

KEY UTENSILS

oven tray, saucepan, frypan

NOTES

Add 1/2 crushed garlic clove to the dressing if you prefer a little heat and added flavour!

Add more oil to the spices as they cook and reduce the heat if needed. This will help prevent the spices from burning.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Coat with **1 tsp turmeric**, **1 tsp cinnamon**, **oil**, **salt and pepper**. Roast in oven for 20-25 minutes until charred and cooked through.



2. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



3. PREPARE THE TABOULEH

Slice mint leaves. Quarter tomatoes and dice capsicum. Roughly chop olives. Toss together with **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.



4. PREPARE THE DRESSING

Combine coconut yoghurt with **1 tbsp vinegar, 1 tbsp olive oil** and **1 tbsp water** (see notes). Season to taste with **salt and pepper**.



5. SPICE THE RICE

Heat a frypan over medium heat. Add **1 tbsp oil**, saffron, **1/2 tsp cinnamon** and almonds. Cook for 2 minutes until fragrant. Add cooked rice and stir to combine. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Divide rice, cauliflower and tabouleh among plates. Serve with dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

