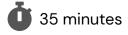




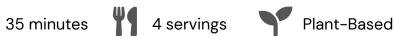
# Spiced Cauliflower

## with Almond Rice

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!

PROTEIN TOTAL FAT CARBOHYDRATES

42g

#### FROM YOUR BOX

CAULIFLOWER	1
BROWN RICE	300g
MINT	1/2 bunch *
CHERRY TOMATOES	1/2 bag (200g) *
GREEN CAPSICUM	1
GEM LETTUCE	1*
COCONUT YOGHURT	1 tub (120g)
SLIVERED ALMONDS	1 packet (50g)
SAFFRON	1/2 packet *

<sup>\*</sup>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 2 tsp turmeric, 2 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 lettuce. 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 tsp cinnamon and almonds. Cook for 2 minutes until fragrant (see notes). 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



