



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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.



## 3 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.

 35 minutes

 2 servings

 Plant-Based

15 June 2020

## Spice it up!

*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!*

Per serve: **PROTEIN** 9g **TOTAL FAT** 25g **CARBOHYDRATES** 44g



## 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**

