W

DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Creamy Coconut

Cauliflower Curry

A vibrant and hearty vegetarian curry with sweet potato, cauliflower, and fresh tomatoes, simmered in coconut milk and spiced with ginger. Served with toasted flatbreads for dipping.

30 minutes | 4/6 servings | Vegetarian

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	500g	1kg
CAULIFLOWER	1	1 1/2
TOMATOES	2	3
GINGER	1 piece	2 pieces
COCONUT MILK	400ml	2 x 400ml
BABY SPINACH	60g	120g
LEBANESE FLATBREAD	5-pack	2 x 5-pack
CORIANDER	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or paste

NOTES

Use a pre-made khorma, madras or rogan josh curry paste. If using dry spices, add black mustard seeds, cumin seeds, ground cinnamon or cardamom for extra flavour. Garam masala can replace curry powder.

No gluten option - Lebanese flatbread is replaced with 300g basmati rice (6P - 450g basmati rice). Place rice in a saucepan and cover with 600ml water (6P - 900ml water). Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

Protein upsize - tinned lentils. Drain and add to curry after simmering.

1. SAUTÉ THE VEGETABLES

Heat a large pan over medium heat with **oil**. Dice **sweet potato** (1cm), cut **cauliflower** into small florets and wedge **tomatoes**. Add **vegetables** to the pan as you go, seasoning with **salt** and **pepper**.

TIP *You can also add diced onion or zucchini if you have some on hand.*

2. ADD AROMATICS AND SIMMER

Stir in **1–2 tbsp curry powder or paste** (see notes). Peel, grate and add **ginger**. Sauté for 2 minutes until fragrant. Pour in **coconut milk** and **1 cup water.** Bring to a gentle simmer, cover and cook for 10–12 minutes, until **vegetables** are tender.

6P - stir in 2-3 tbsp curry powder or paste (see notes) and use 1 1/2-2 cups water.

TIP *Add a few curry leaves, a dash of soy sauce, or 1 tsp brown sugar for added depth of flavour.*

3. TOAST THE FLATBREAD

Meanwhile, brush **flatbread** with **oil**. Toast in a dry pan for 30 seconds each side or until golden and warmed through. Tear or slice into triangles for serving.

TIP *Sprinkle with cumin, chilli flakes or rub with crushed garlic before toasting for extra flavour.*

4. FINISH AND SERVE

Stir through **baby spinach** until just wilted. Season **curry** with **salt and pepper** to taste. Serve **curry** with **flatbreads** and garnish with chopped **coriander**.

TIP *Add a squeeze of lime juice or a spoonful of yoghurt on top for a fresh finish.*

This recipe has simplified instructions to help lower your meal cost.