



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Cauliflower


The cauliflower is actually part of the cabbage family! Store refrigerated and unwashed until time to cook.



## 3 Golden Cauliflower Coconut Curry with Seed Topping

A mild and creamy coconut curry with cauliflower florets and kale, finished with a hemp seed topping and served with brown basmati rice.

 35 minutes

 2 servings

 Vegetarian

8 February 2021

## Spice it up!

*You can add ground cardamom, fresh ginger or chilli to the curry. Garnish with coriander if you have some.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 64g **CARBOHYDRATES** 47g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
BROWN ONION	1/2 *
RED CAPSICUM	1/2 *
CAULIFLOWER	1/2
KALE	1/2 bunch *
CURRY LEAVES	2 fronds
STOCK PASTE	1 jar
COCONUT MILK	400ml
LIME	1
SEED TOPPING	1 packet (30g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, black mustard seeds, ground turmeric, ground coriander

## KEY UTENSILS

saucepan, large frypan or saucepan with lid

## NOTES

If you have coconut oil you can use that to sauté the vegetables for extra flavour.

You can use fish sauce, soy sauce or tamari to season the curry instead of salt and pepper for added depth of flavour.

**Protein upsize add-on option – paneer cheese.** Dice paneer and add to pan along with vegetables in step 3.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE VEGETABLES

Slice onion and capsicum. Cut cauliflower into small florets. Slice kale leaves. Keep separate.



### 3. SAUTÉ VEGETABLES

Heat a large frypan or saucepan over medium-high heat with **2 tbsp oil** (see notes). Add curry leaves, onion, capsicum and cauliflower along with **2 tsp ground coriander, 2 tsp mustard seeds, 2 tsp ground turmeric** and stock paste. Cook for 5 minutes until fragrant.



### 4. SIMMER THE CURRY

Pour in coconut milk and **1 tin (400ml) water**. Cover and simmer for 10–15 minutes until vegetables are tender.



### 5. ADD THE KALE

Add sliced kale to curry and stir through until wilted. Take curry off heat. Stir in lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper** (see notes).



### 6. FINISH AND PLATE

Divide rice and curry among bowls. Garnish with seed topping. Serve with lime wedges.

**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**

