



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: NO WORRIES CURRIES

No Worries Curries is an Australian owned and family run business. Their mission is to make authentic, rich Indian and Asian curry spice mixes accessible to the everyday cook.



## 3. CREAMY CHICKPEA CURRY WITH CAULIFLOWER RICE

 35 Minutes

 4 Servings

A comforting curry with chickpeas, eggplant and tomatoes cooked with No Worries Curries spices and creamy coconut milk, served on a bed of cauliflower rice.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
14g	19g	24g

16 March 2020

## FROM YOUR BOX

CAULIFLOWER	1
BROWN ONION	1
GINGER	30g *
CURRY SPICE MIX	1 packet
EGGPLANT	1
TOMATOES	2
COCONUT MILK	400ml
CHICKPEAS	400g
GREEN BEANS	1/2 bag (125g) *
SPRING ONIONS	1/4 bunch *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil or butter (for cooking), salt, pepper

## KEY UTENSILS

large frypan, small food processor (optional), saucepan with lid

## NOTES

The vegetables should give the curry extra liquid as it cooks. Add water at the end if needed, and season to taste.

### Protein upsize add-on option - paneer cheese.

Dice the paneer and cook in pan along with onion. Remove the paneer and set aside until the curry has simmered. Return the paneer to curry before serving.



### 1. PREPARE THE CAULIFLOWER

Cut cauliflower into small florets and pulse in a food processor until resembling rice. Alternatively finely chop. Set aside.



### 2. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil or butter**. Slice and add onion. Peel and grate ginger. Add to pan along with spice mix and cook for 3-4 minutes until softened and fragrant (add more oil if needed).



### 3. ADD THE VEGETABLES AND SIMMER

Dice eggplant and wedge tomatoes. Add to pan as you go and cook for 2-3 minutes. Pour in coconut milk and drained chickpeas. Cover and simmer for 10 minutes.



### 4. COOK THE CAULIFLOWER RICE

Meanwhile, heat a frypan over medium-high heat with **oil**. Add cauliflower rice and cook, tossing, for 3-5 minutes until tender. Season with **salt and pepper** to taste.



### 5. ADD THE GREEN BEANS

Trim and slice beans. Add to curry for 5 minutes until tender. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide cauliflower rice and curry among bowls. Garnish with sliced spring onions.