



### Product Spotlight: Kale

Kale was once known as a poor man's cabbage. It is from the brassica family and is related to broccoli, Brussels sprouts and cabbage. It is high in vitamin C and a great source of fibre.





## Switch it up!

*Turn this dish into a tray bake. Cut cauliflower into florets and add to oven tray with spring onions, halloumi, chickpeas and seasoning. Toss with finely sliced kale, the lemon dressing and garnishes.*

# Turmeric Fried Cauliflower Rice with Crispy Halloumi

Cauliflower rice fried with ground turmeric, cumin seeds and kale, served with lemon halloumi, crispy chickpeas, fresh mint and chopped almonds.

 30 minutes

 4 servings

 Vegetarian

12 May 2023

Per serve: **PROTEIN** 22g **TOTAL FAT** 25g **CARBOHYDRATES** 26g

## FROM YOUR BOX

CAULIFLOWER	1
SPRING ONIONS	1 bunch
KALE	1 bunch
TINNED CHICKPEAS	400g
LEMON	1
HALLOUMI	1 packet
ALMONDS	80g
MINT	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground turmeric

## KEY UTENSILS

2 frypans, food processor

## NOTES

If you don't have a food processor, you can grate your cauliflower or use a knife to finely chop it.



### 1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice spring onions. Add to pan as you go along with **1 1/2 tbsp cumin** and **3/4 tbsp turmeric**. Sauté for 3 minutes until spring onions soften.



### 3. FRY THE CAULIFLOWER RICE

Add cauliflower rice to frypan and cook for 5 minutes. Finely chop kale leaves. Add to pan and cook for a further 7 minutes until cauliflower begins to crisp on bottom of pan.



### 4. PREPARE THE TOPPINGS

Drain and rinse chickpeas, pat dry with a clean towel or paper towel. Zest lemon and wedge remaining. Cube halloumi and coat with **oil** and lemon zest.



### 5. COOK THE HALLOUMI

Heat a second frypan over medium-high heat with **oil**. Add halloumi and chickpeas to pan. Cook, turning occasionally, until golden and crisp. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop almonds and mint leaves. Divide fried rice among bowls. Top with chickpeas and halloumi. Garnish with almonds and mint. Serve with lemon wedges.



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