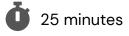






# **Indian Butter Cauliflower Curry**

Vibrant flavours of India in a rich "buttery" tomato sauce using one of our favourite curry pastes cooked with cauliflower, chickpeas and spinach, all served on basmati rice.







# Make a traybake!

You can combine all the vegetables, chickpeas, curry paste and coconut milk in an oven dish and roast it instead of making a curry! Stir the spinach through at the end and garnish with coriander.

TOTAL FAT CARBOHYDRATES

25g

18g

#### FROM YOUR BOX

BASMATI RICE	300g
TOMATOES	2
CAULIFLOWER	1
TOMATO PASTE	1 sachet
BUTTER CURRY PASTE	1 jar
COCONUT MILK	400ml
TINNED CHICKPEAS	400g
BABY SPINACH	1 bag (120g)
CORIANDER	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan with lid, saucepan with lid

#### **NOTES**

You can use coconut oil to cook this dish for extra fragrance.

Measure 1/2 cup water and swirl it around in the coconut milk tin to rinse it out before adding it to the pan; this will help get all the coconut milk into your curry!





#### 1. COOK THE RICE

Place rice in a saucepan and cover with 600ml water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



# 2. SAUTÉ THE VEGETABLES

Wedge tomatoes. Cut cauliflower into florets. Add to a large frypan over medium-high heat with oil (see notes).



#### 3. SIMMER THE CURRY

Stir in tomato paste and curry paste. Pour in coconut milk and 1/2 cup water (see notes). Cover and simmer for 10-12 minutes until vegetables are tender.



## 4. ADD THE CHICKPEAS

Drain and stir in chickpeas along with spinach. Cook for a further 2-3 minutes until spinach has wilted. Season with salt and pepper to taste.



### **5. FINISH AND SERVE**

Chop coriander. Use to garnish curry. Serve with rice.





