



Product Spotlight: Cauliflower


Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



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.

 25 minutes

 4 servings

 Plant-Based

7 July 2023

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.

Per serve: **PROTEIN** 18g **TOTAL FAT** 25g **CARBOHYDRATES** 85g

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!



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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.

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**

