



UCOOK

Dreamy Korma Curry

**with roast cauliflower, cashew nut
yoghurt raita & spinach**

Mild, creamy, and flavourful, korma is curry heaven — and this one's extra nutty! An aromatic coconut milk sauce overflows with cauliflower, crispy chickpeas, and spinach, with refreshing cashew nut yogurt raita dolloped on top.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

75ml	Brown Basmati Rice
120g	Chickpeas <i>drained & rinsed</i>
200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Onion <i>one ½ peeled & finely diced</i>
15g	Fresh Ginger <i>peeled & grated</i>
20ml	Spice and All Things Nice Korma Curry Paste
1	Fresh Chilli <i>deseeded & finely sliced</i>
100ml	Coconut Milk
50g	Cucumber <i>finely diced</i>
30ml	Cashew Nut Yoghurt
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
20g	Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. TO START WITH – BASMATI Preheat the oven to 180°C. Rinse the rice, place in a pot, and submerge in 300ml of salted water. Place over a medium-high heat and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

2. ROAST THE CHICKPEAS & CAULI Place the cauliflower pieces and drained chickpeas on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 15-20 minutes until the chickpeas are crispy and the cauliflower is cooked through and charred.

3. AFTER ABOUT 5 MINUTES... Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry ¾ of the diced onion for 3-4 minutes until soft and translucent. Add in the grated ginger, and stir through the curry paste and sliced chilli to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut milk and 65ml of water, and stir until the paste has been incorporated into the liquid. Bring to the boil, then reduce the heat to low. Simmer for 6-8 minutes until thick and fragrant.

4. CASHEW NUT RAITA Place the remaining diced onion in a bowl with the diced cucumber, the cashew nut yoghurt, and ¾ of the chopped coriander. Add a drizzle of oil and some seasoning. Mix to combine and set aside for serving.

5. SOME FINAL TOUCHES Once the curry has finished simmering, stir through the rinsed spinach until wilted. Mix in the roast cauli and ¾ of the crispy chickpeas. Season to taste with salt, pepper, and a sweetener of choice, and remove from the heat.

6. CREAMY CURRY HEAVEN AWAITS! Dish up some warm rice and spoon over the veggie korma. Top with the remaining chickpeas and a large dollop of raita. Garnish with the rest of the coriander and any remaining chilli to taste. Absolutely gorgeous!

Nutritional Information

Per 100g

Energy	434kJ
Energy	104Kcal
Protein	3.3g
Carbs	14g
of which sugars	2.2g
Fibre	2.7g
Fat	3.1g
of which saturated	1.8g
Sodium	73mg

Allergens

Allium, Sulphites

Cook
within 2
Days