



# UCCOOK

## Tikka Cauli Curry

**with fluffy quinoa & toasted coconut flakes**

Simmered in a luscious combination of tomato passata and creamy coconut milk, this cauliflower curry becomes a velvety & luxurious experience. The addition of beans provides a protein-packed bite and adds an extra layer of texture to the dish. Garnished with fresh coriander for a touch of freshness.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Morgan Otten

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Veggie

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 Groote Post Winery | Groote Post Riesling 2022

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## Ingredients & Prep

100ml	Quinoa <i>rinse</i>
10g	Coconut Flakes
1	Onion <i>peel &amp; roughly dice ½</i>
150g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
15ml	Spice & All Things Nice Tikka Curry Paste
100ml	Tomato Passata
100ml	Coconut Milk
60g	Butter Beans <i>drain &amp; rinse</i>
3g	Fresh Coriander <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. QUINOA** Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**2. TOAST** Place the coconut flakes in a pot over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

**3. PREP STEP** Return the pot to medium-high heat with a drizzle of oil. When hot, fry the diced onion and the cauliflower pieces until starting to soften, 5-6 minutes (shifting occasionally).

**4. CURRY** When the onion & cauli are slightly softened, add the curry paste to the pot. Fry until fragrant, 1-2 minutes. Pour in the tomato passata, the coconut milk, and 100ml of water. Mix until combined. Simmer until reduced and slightly thickened, 10-12 minutes. In the final 2-3 minutes, add the drained beans, a sweetener (to taste), and seasoning.

**5. NICE 'N WARM** Plate up the quinoa and top with the cauli curry. Garnish with the chopped coriander and the toasted coconut flakes. Well done, Chef!

## Nutritional Information

Per 100g

Energy	508kJ
Energy	121kcal
Protein	3.7g
Carbs	16g
of which sugars	3.1g
Fibre	3.2g
Fat	4.4g
of which saturated	2.8g
Sodium	45mg

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days