



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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Morgan Otten

Veggie

 Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

300ml	Quinoa <i>rinse</i>
30g	Coconut Flakes
2	Onions <i>peel & roughly dice 1½</i>
450g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
45ml	Spice & All Things Nice Tikka Curry Paste
300ml	Tomato Passata
300ml	Coconut Milk
180g	Butter Beans <i>drain & rinse</i>
8g	Fresh Coriander <i>rinse & 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 450ml 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, 7-8 minutes (shifting occasionally).

4. CURRY When the onion & cauli are slightly softened, add the curry paste to the pot. Fry until fragrant, 2-3 minutes. Pour in the tomato passata, the coconut milk, and 300ml of water. Mix until combined. Simmer until reduced and slightly thickened, 12-15 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