



UCOOK

Cosy Cauli Korma

with chickpeas, coconut yoghurt raita & spinach

Mild, creamy, dreamy and flavourful, korma is curry heaven — and this one's no exception. An aromatic coconut milk sauce overflows with golden cauliflower, crispy chickpeas, and spinach — seeping into a bed of fluffy basmati rice and dolloped with a refreshing cucumber and coconut yogurt raita, sprinkled with fresh coriander and chili. Cosy indeed!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

75ml	Brown Basmati Rice
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
1	Onion <i>peeled & finely diced</i>
15g	Fresh Ginger <i>peeled & grated</i>
20ml	Spice & All Things Nice Korma Curry Paste
1	Fresh Chilli <i>deseeded & finely sliced</i>
100ml	Coconut Milk
50g	Cucumber <i>finely diced</i>
30ml	Coconut 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. BASMATI ON THE GO! Preheat the oven to 180°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water 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. Replace the lid and set aside to keep warm until serving.

2. CRISPY & CHARRED 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 lightly charred, shifting halfway.

3. AFTER ABOUT 5 MINUTES... Place a pot for the curry over a medium heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ 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 — both to taste. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut milk and 65ml of water, and stir until the curry paste has been incorporated into the liquid. Bring to the boil, then reduce the heat to low and simmer for 6-8 minutes until thick and fragrant.

4. CREAMY RAITA Place the remaining onion in a bowl with the diced cucumber, coconut yoghurt, and $\frac{3}{4}$ of the chopped coriander. Add a drizzle of oil and some seasoning. Mix to combine and set aside for serving.

5. FINAL TOUCHES Once the curry has finished simmering, stir through the rinsed spinach until wilted. Mix in the roast cauli and $\frac{3}{4}$ of the crispy chickpeas. Season to taste with salt, pepper, and a sweetener of choice and remove from the heat.

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

Nutritional Information

Per 100g

Energy	455kj
Energy	109Kcal
Protein	3.4g
Carbs	15g
of which sugars	2.3g
Fibre	2.8g
Fat	3.2g
of which saturated	2g
Sodium	59mg

Allergens

Allium, Sulphites

Cook
within 3
Days