

DINNERLY



Cauliflower Curry with Quinoa



30-40 minutes



4 Servings

Bring a chunky vegetarian curry to the table in a few easy steps: chop the cauliflower and pumpkin, sautee the curry paste, then simmer with coconut milk and tomatoes to release all the flavour. Pile over quinoa for a dead-set delicious Asian dinner.

WHAT WE SEND

- cauliflower
- pumpkin
- massaman curry paste
- coconut milk
- white quinoa
- green peas
- crushed tomatoes

WHAT YOU NEED

- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

TOOLS

- sieve

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 710kcal, Fat 26.7g, Carbs 84.9g, Proteins 24.1g



1. Prep vegetables

Peel and cut the **pumpkin** into 2cm chunks. Trim the **cauliflower**, then cut the head into small florets and coarsely chop the stem. Drain and rinse the **peas**.



2. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain. Put the quinoa and **500ml (2 cups) water** in a medium saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off the heat and allow to stand, covered, for 5 mins.



3. Start curry

Meanwhile, heat **2 tbs vegetable oil** in a large deep frypan or saucepan over medium heat. Cook the **curry paste**, stirring, for 1 min or until fragrant. Add the **cauliflower, coconut milk, tomatoes** and **125ml (½ cup) water**, cover with a lid and cook for 5 mins.



4. Add pumpkin

Add the **pumpkin** and cook, covered, for a further 8-10 mins until the vegetables are just tender.



5. Serve up

Remove the **curry** from the heat. Stir in the **peas, 60ml (¼ cup) soy sauce** and **2 tsp sugar**, then season with **salt and pepper**. Fluff up the **quinoa** with a fork. Divide the quinoa and curry among bowls to serve.



6. Kitchen hack

If you've got some in the cupboard, toast shredded coconut in a cold frypan over medium heat for 2-3 mins until golden, then sprinkle over to serve.