



Spicy Thai Cauliflower Curry

with fragrant jasmine rice

Veggie Calorie Smart 35-40 mins • Extra spicy

10



Cauliflower



Thai Style Spice Mix



Jasmine Rice



Bell Pepper



Pak Choi



Lime



Coriander



Red Thai Style Paste



Coconut Milk



Soy Sauce



Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Baking Sheet with Baking Paper, Lid, Pot

Ingredients

	2P	4P
Cauliflower	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Bell Pepper	1 unit	2 units
Pak Choi	1 unit	2 units
Lime	½ unit	1 unit
Coriander	5 g	10 g
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	180 ml	360 ml
Soy Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	516 g	100 g
Energy (kJ/kcal)	2234.5 kJ/ 534.1 kcal	433.1 kJ/ 103.5 kcal
Fat (g)	18.3 g	3.5 g
Sat. Fat (g)	14.5 g	2.8 g
Carbohydrate (g)	78.6 g	15.2 g
Sugars (g)	12.4 g	2.4 g
Protein (g)	14.1 g	2.7 g
Salt (g)	4.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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rate this recipe.



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Roast the Cauliflower

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets.
- Pop the **cauliflower** onto a lined baking tray and drizzle with **oil**. Season with **salt** and sprinkle on the **Thai style spice mix**.
- Use your hands to rub the seasoning all over. Arrange in one layer and roast until soft and golden, 20-25 mins.



Start the Curry

- Drizzle some **oil** in a large pot over medium-high heat.
- Fry the **pepper** until beginning to soften and colour, 4-5 mins.
- Stir in the **red Thai paste** to coat and cook for 1 min.
- Add the **pak choy** along with the **coconut milk** and 75ml **water** (double for 4p).
- Bring to the boil then lower the heat to medium-low.



Cook the Rice

- Meanwhile, add 300ml cold, **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice**, cover with the lid and bring to the boil on medium-high heat.
- Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pot from the heat (still covered).
- Set to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Add Some Zest

- Let the curry simmer until the **pepper** is tender, 4-5 mins.
- When the **cauliflower** is ready, add it to the curry and stir to coat in the sauce.
- Remove from the heat and stir in the **soy sauce**. Season to taste with **salt**, **pepper** and a squeeze of **lime** juice.
- Fluff up the **rice** and stir in the **lime** zest and half the **coriander**.



Time to Prep

- While the **rice** cooks, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Trim the **pak choy**. Separate the leaves and quarter widthways into roughly 2cm chunks.
- Zest half the **lime** (double for 4p) then cut into wedges.
- Roughly chop the **coriander** (stalks and all).



Divide and Serve

- Share the **rice** between your bowls and top with the fragrant curry.
- Finish with a sprinkle of the remaining **coriander**.
- Serve the remaining **lime** wedges alongside for squeezing over.

Enjoy!