



READY TO COOK
BY HARRIS FARM

COCONUT DAHL WITH ROASTED CAULIFLOWER, COCONUT CUCUMBER YOGHURT AND BASMATI



PREP
10 min



COOK
20 min

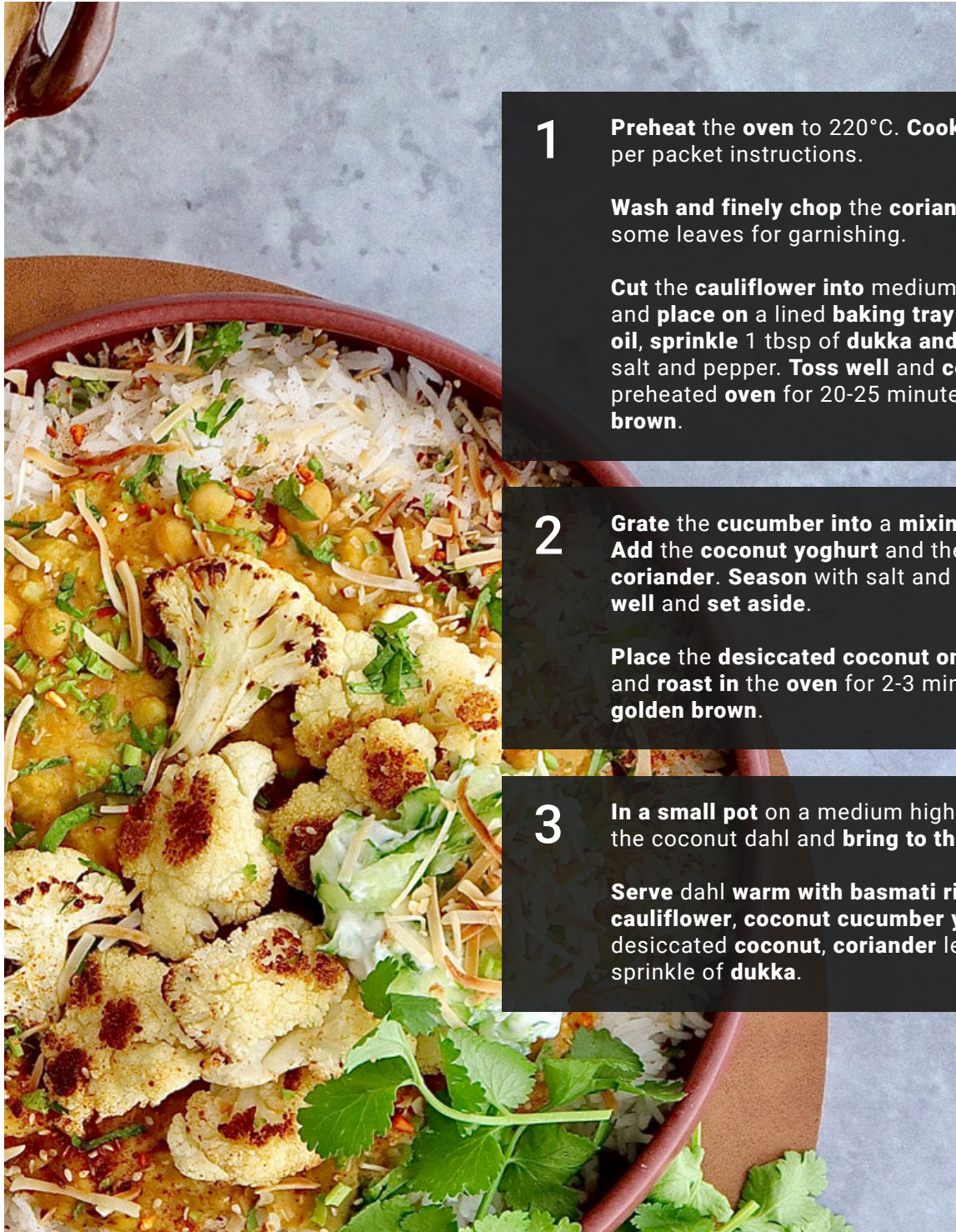


SERVES
4

INGREDIENTS:

- > 500g Cauliflower
- > 2x 430g Coconut Dahl
- > 2 Tbsp Dukka
- > 2 Cups Basmati Rice
- > 1 Cup Coconut Yoghurt
- > 1 Lebanese Cucumber
- > ½ Coriander Bunch
- > 4 Tbsp Desiccated Coconut

METHOD – GET COOKING!



1

Preheat the oven to 220°C. Cook the rice as per packet instructions.

Wash and finely chop the coriander reserving some leaves for garnishing.

Cut the cauliflower into medium size florets and place on a lined baking tray. Drizzle olive oil, sprinkle 1 tbsp of dukka and season with salt and pepper. Toss well and cook in the preheated oven for 20-25 minutes until golden brown.

2

Grate the cucumber into a mixing bowl. Add the coconut yoghurt and the chopped coriander. Season with salt and pepper. Mix well and set aside.

Place the desiccated coconut on a baking tray and roast in the oven for 2-3 minutes until golden brown.

3

In a small pot on a medium high heat, place the coconut dahl and bring to the boil.

Serve dahl warm with basmati rice, roasted cauliflower, coconut cucumber yoghurt, desiccated coconut, coriander leaves and a sprinkle of dukka.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Add some water to the dahl if getting too thick while warming.
- Use leftover desiccated coconut on muesli, deserts, curries or salads.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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