



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

GOAN VEGETABLE CURRY WITH ROASTED CAULIFLOWER AND BASMATI RICE



PREP
10 min



COOK
25 min



SERVES
4

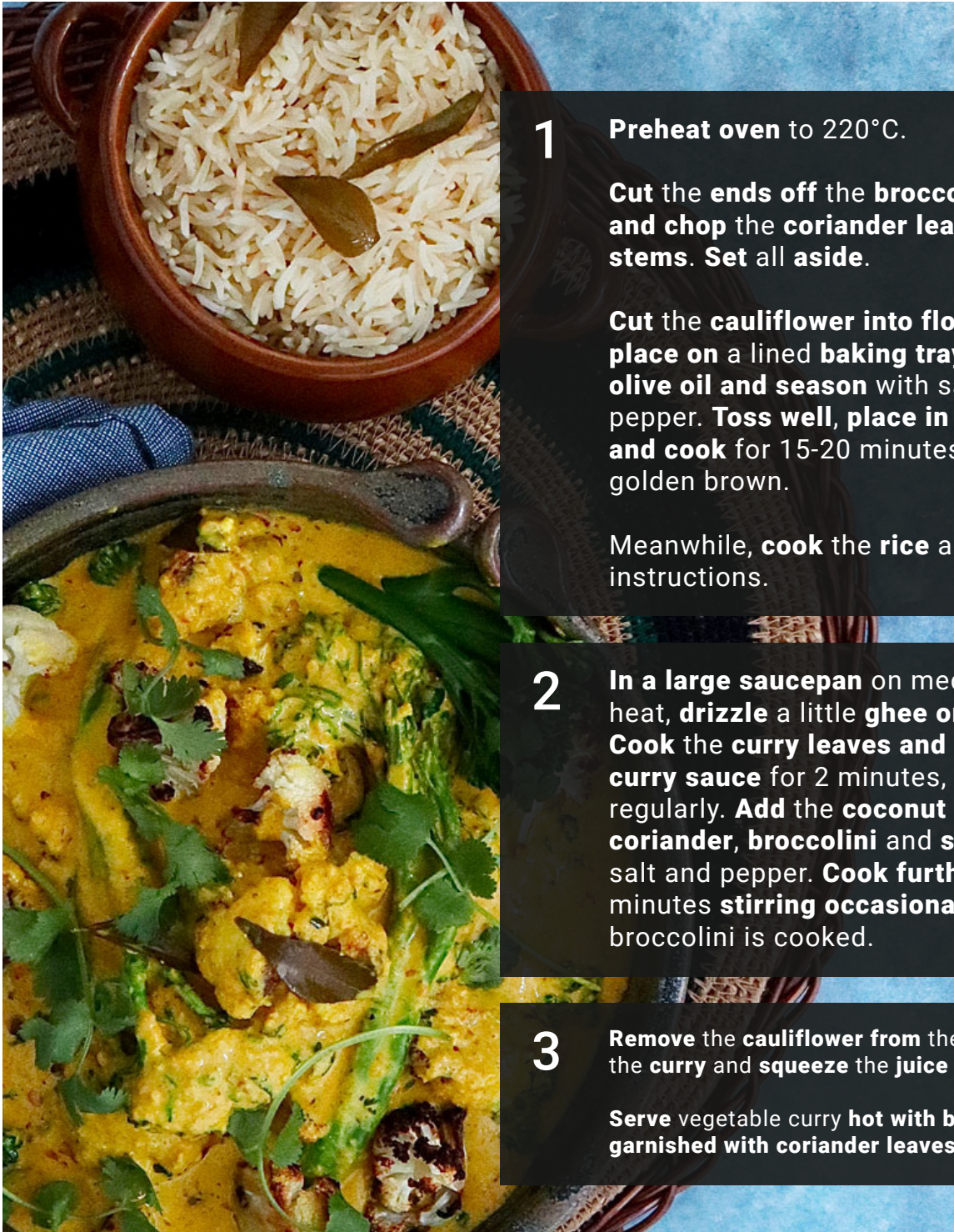
INGREDIENTS:

- > 1 Cauliflower
- > 1 Bunch Broccolini
- > 320g Yellow Curry Sauce
- > 2 Cups Parboiled Basmati Rice
- > 10 Curry Leaves
- > 400g Coconut Milk
- > ½ Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Ghee or Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 220°C.

Cut the ends off the broccolini. Wash and chop the coriander leaves and stems. Set all aside.

Cut the cauliflower into florets and place on a lined baking tray. Drizzle olive oil and season with salt and pepper. Toss well, place in the oven and cook for 15-20 minutes until golden brown.

Meanwhile, **cook the rice** as per packet instructions.

2

In a large saucepan on medium-high heat, **drizzle** a little **ghee or olive oil**. **Cook the curry leaves and yellow curry sauce** for 2 minutes, stirring regularly. **Add the coconut milk, coriander, broccolini and season** with salt and pepper. **Cook further** for 10 minutes **stirring occasionally**, until broccolini is cooked.

3

Remove the cauliflower from the oven, add to the curry and squeeze the juice of ½ a lemon.

Serve vegetable curry hot with basmati rice, garnished with coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

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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