



READY TO COOK
BY HARRIS FARM

WHOLE ROASTED CAULIFLOWER WITH COCONUT & LIME KORMA



PREP

10 min



COOK

1h 20min



SERVES

4

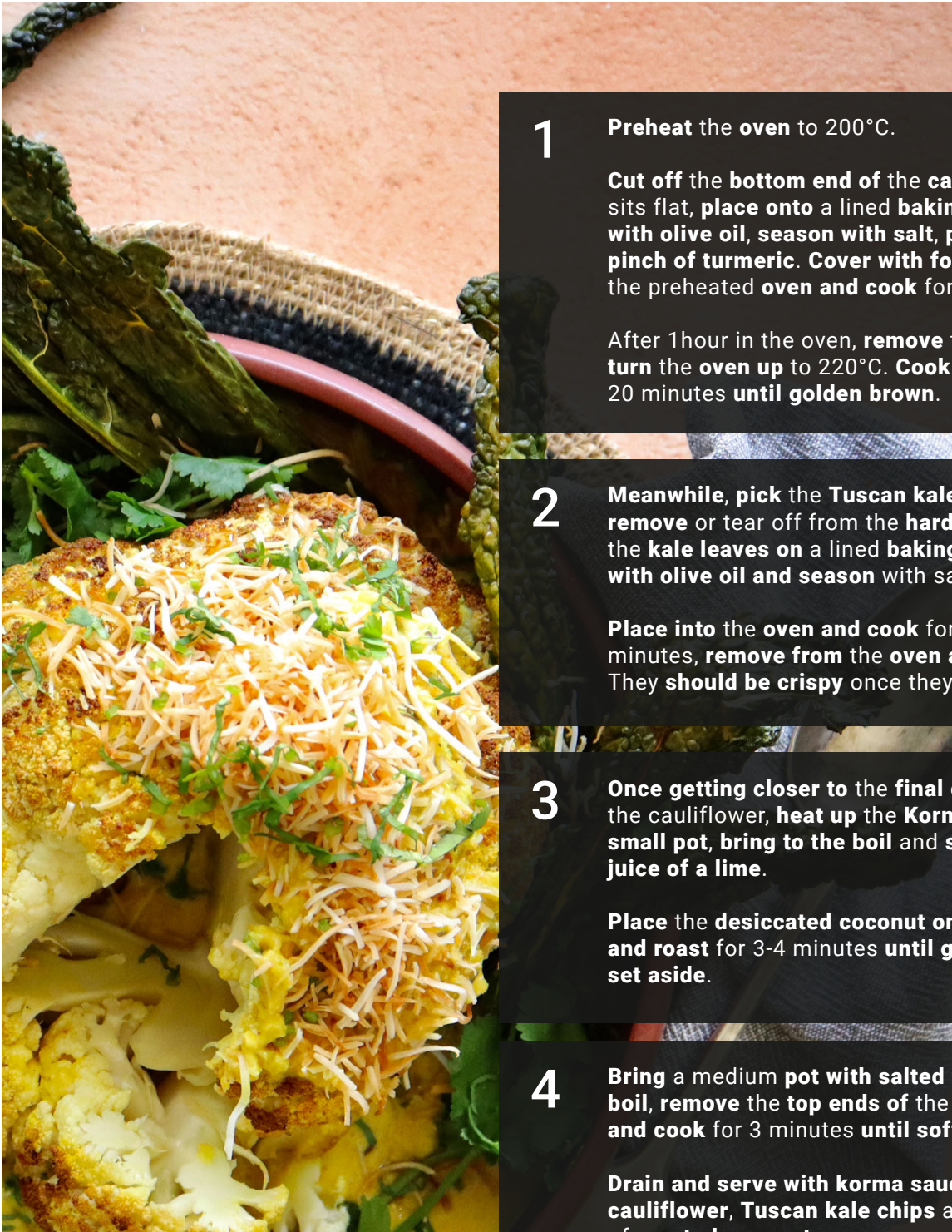
INGREDIENTS:

- > 1 Cauliflower
- > 1 Jar Korma Sauce
- > 400g Green Beans
- > ½ Tuscan Kale Bunch
- > ¼ Coriander Bunch
- > 1 Lime

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ¼ Tsp Turmeric
- > Desiccated Coconut
- > Olive Oil

METHOD – GET COOKING!



1

Preheat the oven to 200°C.

Cut off the bottom end of the cauliflower so it sits flat, place onto a lined baking tray. Drizzle with olive oil, season with salt, pepper and a pinch of turmeric. Cover with foil and place in the preheated oven and cook for 1 hour.

After 1 hour in the oven, **remove the foil and turn the oven up to 220°C. Cook for a further 20 minutes until golden brown.**

2

Meanwhile, pick the Tuscan kale leaves and remove or tear off from the hard stem. Place the kale leaves on a lined baking tray, toss with olive oil and season with salt and pepper.

Place into the oven and cook for 10-12 minutes, remove from the oven and set aside. They should be crispy once they cool off.

3

Once getting closer to the final cooking of the cauliflower, heat up the Korma sauce in a small pot, bring to the boil and squeeze the juice of a lime.

Place the desiccated coconut on a baking tray and roast for 3-4 minutes until golden brown, set aside.

4

Bring a medium pot with salted water to the boil, remove the top ends of the green beans and cook for 3 minutes until soft.

Drain and serve with korma sauce, roasted cauliflower, Tuscan kale chips and a sprinkle of roasted coconut.

PLEASE NOTE:

- To cook quicker, cut the cauliflower into florets and roast uncovered for 30 minutes.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au