



**VEGETARIAN
EXPRESS**



Adzuki Bean & Cauliflower Masala

Ingredients

- 80g tikka masala curry paste
- 400g dried adzuki beans
- 400g coconut milk
- 300g basmati rice
- 400g cauliflower

Adzuki beans may contain traces of Gluten, Tree Nuts, Peanuts, Milk, Celery, Mustard & Soya

Tikka masala curry paste may contain traces of Peanuts

Coconut milk may contain traces of Sulphites

Method | SERVES 4

- Soak the adzuki beans overnight.
- Drain, rinse, then bring the beans to the boil before simmering for 1 hour to cook through.
- With a little oil fry the tikka masala paste for 2-3 minutes until fragrant.
- Add the cauliflower florets, the coconut milk and a sprinkle of salt.
- Bring to the boil then simmer for 10 minutes.
- Add the cooked beans.
- Steam the rice for 16-20 minutes until fluffy.
- Arrange as shown.

Typical Nutritional Values

	per 100g	serving 499g
Energy	763kJ 181Kcal	3805kJ 903kcal
Fat	5.4g	26.9g
of which Saturated	3.4g	17.0g
Carbohydrate	25.0g	124.8g
of which Sugars	2.9g	14.5g
Fibre	3.3g	16.5g
Protein	8.1g	40.4g
Salt	0.37g	1.85g

Suitable for: Vegan

Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment