

Cauliflower Satay with Thai Inspired Coconut Curried Sauce

Ingredients

- 1 head cauliflower - cut into florets
- Little oil

Paste Ingredients

- 1 x Tablespoon sunflower seeds – crushed/blended
- 1 x Tablespoon soy sauce*
- 4 x Tablespoons coconut milk

Garnish

- 2 spring onions - finely sliced
- 1/2 red pepper - finely sliced
- little fresh coriander

To Finish the Satay

- 1 Teaspoon of Garam Masala**
- Squeeze of lemon juice



Coconut Sauce Ingredients

- 2 x Teaspoon Garam Masala**
- 1 inch of fresh ginger
- 4 x cloves of garlic
- Bunch of spring onions
- ½ inch fresh turmeric
- 2 x stalks of fresh lemongrass
- 6 x Kaffir Lime leaves
- 2 x Red chillies
- Handful fresh coriander
- Splash soy sauce **
- 2 x cans coconut milk
- Coconut Oil



To Finish the Sauce

- Fresh coriander
- Lime/Lemon juice
- Soy Sauce*
- Palm Sugar
- 'Vegetarian' Fish Sauce

Method for the Satay

1. Char the cauliflower on one side for 2-3 minutes until starting to colour.
2. Add a little oil and turn over
3. Cook for a further 2-3 minutes on the other side to evenly brown the florets.
4. Add paste ingredients – stir in.
5. Add garnish and satay finishing ingredients – stir in.
6. Serve with quinoa / black rice and coconut curried sauce

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Method for the Sauce

1. Blend ingredients until smooth (except the coconut milk & oil).
2. Fry in a hot pan with a little coconut oil for 5-6 minutes.
3. Add coconut milk and bring to the boil.
4. Add finishing ingredients to taste.

Allergy Information

* Ensure to use **Gluten Free** Soy Sauce

** If buying ready-made Garam Masala please check if it contains **Mustard Seeds**.

This recipe uses Sunflower Seeds instead of nuts for the Satay.

Allergens in this dish indicated by the Box (es) Marked 'x'

Celery	☐	Molluscs	☐
Crustaceans	☐	Mustard	☐
Dairy (Milk)	☐	Peanuts	☐
Egg	☐	Sesame	☐
Fish	☐	Soya	☒
Gluten	☐	Sulphites	☐
Lupin	☐	Tree Nuts	☐

About the Chef

This recipe is from Gary Ashley at Chef Gary Ltd.

You can find out more at <https://chefgary.co.uk/>