

Broccoli & Cauliflower Curry With Rice

Visual Recipe
by DAREBEE
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1 cup ~ 7oz ~ 200g rice
10oz ~ 300g frozen broccoli
10oz ~ 300g frozen cauliflower
3oz ~ 100g frozen carrots (optional)
1 cup ~ 7oz ~ 200ml water
1 cup ~ 7oz ~ 200ml milk
1 tbsp curry powder
1 tbsp molasses
3 tbsps tomato sauce
1 tbsp rice flour

2 PORTIONS

LEVEL UP! Add 1 tsp cayenne pepper and 1 tsp cumin to the curry. Add sesame seeds.

1



2



3



4



5



INSTRUCTIONS

1. Rinse rice really well. Transfer the rice to a cooking pot. Cover with double the amount of water, season for taste and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until it has completely absorbed the water. It will take ~ 20 minutes for white rice; 35 minutes for brown rice.

2. Add vegetables to a large cooking pot. Add water and bring to a boil. Cover with a lid and cook for 10 minutes.

3. Combine curry powder, molasses, tomato sauce, milk and flour in a bowl. Mix well and add to the vegetables. Add spices, if using, season for taste, stir and cook for another 5 minutes.

4. Fill a cup with $\frac{1}{2}$ cooked rice and flip it into a bowl. Repeat with the other bowl.

5. Add curry. Top with spring onions and sprinkle with sesame seeds.