

VEGAN RENDANG WITH CAULIFLOWER RICE

2 persons / 431 kcal per serving

Ingredients:

- 50 grams onion
- 1 stems lemongrass
- 1½ cm fresh ginger root
- 1 clove of garlic
- 25 grams cashew nuts
- 1 teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander seeds
- ½ teaspoon ground cinnamon
- pinch of ground cloves
- pinch of chili flakes
- 280 grams jackfruit (drained weight)
- 1 tablespoon oil
- 150 ml coconut milk
- 30 ml tap water
- 1 tablespoon sweet soy sauce
- pepper and salt
- 200 grams cauliflower rice
- 15 grams fried onions



Preparation:

Cut the onion into large pieces. Remove the dry stems from the lemongrass (keep this) and cut the softer part into large pieces. Peel the ginger and cut into pieces. Put all this together with the garlic, cashew nuts and all spices in the food processor and mash into a paste. Put the jackfruit in a sieve, rinse under cold running water and drain. Cut coarsely lengthwise. Heat the oil in a thick-bottomed pan and fry the curry paste over medium heat for 5 minutes. Add the jackfruit and fry for another 2 minutes. Add the coconut milk, the tap water, the sweet soy sauce and the leftover stems of lemongrass and let it simmer for 45 minutes with the lid on. If it gets too dry, add some more water. Remove the lid from the pan and reduce for another 10-15 minutes. If necessary, break larger pieces of jackfruit into smaller pieces with a ladle. Remove the lemongrass stem, season with salt and pepper. Bring water to a boil, add the cauliflower rice and cook for 1-2 minutes. If you have at home, sprinkle some fresh coriander and fried onions over the dish.

Nutritional value per portion:

Energy:	431 kcal
Protein:	9.9 grams
Carbohydrates:	26.7 grams
- including sugars:	9.8 grams
Fat:	29.2 grams
Fiber:	12.4 grams
Salt:	2.2 grams