



Sri Lankan Cauliflower Curry

INGREDIENTS

- 1 head cauliflower
- 1/2 large red onion chopped
- 4 garlic cloves sliced
- 1 inch knob ginger chopped
- 3 green chili sliced open
- 1 sprig curry leaves
- 1/4 pandan leaf
- 1/4 cinnamon stick
- 2 heaping tsp Sri Lankan curry powder
- 1 tsp chili powder
- 1/4 tsp black pepper
- 1/3 tsp turmeric
- 1/4 tsp fenugreek
- 1/4 cup coconut cream
- Salt to taste
- Water

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METHOD

1. Separate the cauliflower florets and cut them into halves. Add to a large bowl, clean with lukewarm water and salt
2. Chop onions, ginger and garlic. Slice open chilli and dice the tomato.
3. To a pot on medium, heat up coconut oil and add curry leaves, fenugreek, pandan leaves and cinnamon stick
4. After 30 seconds add the onions, garlic, ginger and chilli. Fry for 2 minutes.
5. Add the curry powder, chilli powder, black pepper and turmeric. Toast the spices for a minute.
6. Add the tomatoes with a splash of water. Add salt to taste and cook the curry sauce for 10 minutes.
7. Add the cauliflower, cover and cook for 10 more minutes
8. Remove the lid and add the coconut cream. Cook for about 5 more minutes.

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Spicy Sri Lankan Omelette

INGREDIENTS

- 3 eggs
- 1/4 small onion, chopped
- 1/4 small tomato, chopped
- 1/2 sprig curry leaves
- 2 green chilli chopped
- Salt
- Pepper
- 1/4 tsp curry powder
- 2/3 tsp chilli flakes
- Coconut oil

METHOD

1. Beat the eggs with all the ingredients.
2. Heat a pan on medium-high heat with coconut oil.
3. Add the beaten egg mixture, let it sit for 2 minutes.
4. Carefully fold the omelette in half.
5. Flip and cook for 40 more seconds.
6. Serve with a wedge of lime and more cracked pepper

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