



## Curried Cauliflower with Quinoa

**YIELD:** Serves 6

### INGREDIENTS:

1 cup quinoa  
2 tbsp olive oil or ghee  
2 cups onions, sliced  
2 tbsp curry paste (mild or hot)  
1 head cauliflower, broken into bite size pieces  
2 cups green seedless grapes  
1 bunch Swiss chard, torn into bite size pieces  
To Taste salt and pepper  
2 tbsp low-fat yogurt

### METHOD:

**Boil 2 cups of water and add the quinoa. Stir and reduce to medium heat covered. Allow quinoa to cook for 8-10 minutes.**  
**Preheat oven to 425° F.**  
**Heat an oven proof skillet over medium high temperature.**  
**Add olive oil or ghee and sliced onions and cook until onions caramelize.**  
**Stir in curry paste and gently cook to release aromatic flavours.**  
**Stir in cauliflower and evenly coat.**  
**Toss in green grapes.**  
**Place skillet in oven and roast cauliflower until al dente to the fork and slightly golden.**  
**Remove skillet from oven and while the skillet's still hot, stir in Swiss chard and cooked quinoa.**  
**Season with salt and pepper and transfer to a bowl.**  
**Top with yogurt and serve immediately.**

## Equipment and Inventory Worksheet

### Produce

Lemon x 1

### Herbs

Chives x 1  
Parsley x 1  
Rosemary x 1

### Dairy

Eggs x 3

### Dry Goods

Water  
Kosher salt x 1 box

### Meat

### Fish

1 Arctic char x 3lb

### Equipment

Whisk  
Baking tray  
Mallet/rolling pin  
Thermometer  
Utensils to remove fish from bones when done  
Platter for serving

### Pre Prep

### Instructor's Notes and Watch points

Salt should be at least a 1/2" thick