

SPICED CAULIFLOWER WITH  
COCONUT & MANGO CURRY SAUCE

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Gary Parsons, *H&B Executive Chef*

**HARVEY & BROCKLESS**

*the fine food c<sup>o</sup>*

Whatever we do, from sourcing amazing food  
to delivering it on time,  
we always stick to one simple rule...

*an absolute dedication to honest, authentic, remarkable food.*

# SPICED CAULIFLOWER WITH COCONUT & MANGO CURRY SAUCE

*Chef Gary Parsons*

*Ingredients*

SERVES 5

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<b>HS690 Harvey &amp; Brockless Kitchen Plant based Coconut &amp; Mango Curry Dip</b>	<b>80g</b>
<b>DA105 Dell'ami Arbequina Extra Virgin Olive Oil</b>	<b>50ml</b>
<b>IN165 Cornish Sea Salt</b>	<b>5g</b>
<b>DY172 Coyo Coconut Yogurt</b>	20g
Turmeric	5g
Cumin	5g
Chilli flakes	3g
Cauliflower	1 whole
Black pepper, cracked	2g
Dried Apricots, sliced	20g
Pomegranate seeds	4g
Flaked Almonds, toasted	5g
Chives, chopped finely	3g



SPICED CAULIFLOWER

*with Harvey and Brockless Kitchen Coconut and Mango Sauce*

### *Method*

1. Preheat the oven to 180 degrees celsius.
2. In a small bowl, combine the olive oil, cumin, turmeric, crushed chilli, pepper and sea salt. On two large baking sheets, drizzle the cauliflower with the spiced oil and toss well to coat. Spread the cauliflower in an even layer and bake for approximately 1 hour, until browned and tender. Leave to cool.
3. Spoon the coconut and mango curry sauce in the middle of the plate, using the back of the spoon, spread the sauce across the centre of the plate.
4. Cut the cauliflower in half and arrange on the plate.
5. Spoon some of the coconut yoghurt and coconut and mango curry sauce on top of and around the cauliflower.
6. Sprinkle the pomegranate seeds. Place the sliced apricots, toasted coconut and almonds around and then finish with the chopped chives.

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*Harvey and Brockless Kitchen Plant based Coconut & Mango Curry Dip*

This totally tropical sauce is made with egg free mayo, mango purée, and coconut milk with a pinch of curry powder and turmeric.

*Dell'ami Arbequonia Extra Virgin Olive Oil*

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.

*Cornish Sea Salt Flakes*

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.

*Coyo Coconut Yogurt*

Coyo coconut yogurt is a multi-award winning coconut yogurt. It is a silky smooth and creamy dairy free yogurt that is full of beneficial live cultures and probiotics. Suitable for all vegans.

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