

Pumpkin Cauliflower Curry

IDDSI Level 4

Dinner

Recipe source: Beyond the
Blender Dysphagia Cookbook

Time to make: 45 mins

Servings: 4

Ingredients:

1 tbsp olive oil
250g cauliflower
250g pumpkin
1 cup water
1 tbsp curry powder
Pinch of ground pepper
Optional: Greek yoghurt

Instructions:

- Chop pumpkin and cauliflower into small cubes.
- In a wok, add oil and allow to heat briefly before adding curry powder. Stir for 1 minute or until fragrant.
- Add pumpkin and stir for 2 minutes until coated with spices, then add water and bring to boil. Leave for 5 minutes, occasionally stirring.
- Add cauliflower and reduce to simmer for 10 minutes or until pieces tender. Add yoghurt and simmer for 2 more minutes.
- Place all mixture into food processor OR blender. (*Note: run container under hot water to prevent heat loss in this step). Add ground pepper as desired then blend mixture until smooth and no lumps remain.
- Serve in a bowl. Swirl or shape yoghurt in dish centre to garnish.

Dietitian's Top Tips:

- Cauliflower contains many beneficial vitamins and nutrients and is also high in fibre.
- To increase the protein content of this meal, add Greek yogurt or condensed milk.