



Basmati-Blumenkohl-Salat

mit Curry und Kokos-Joghurt-Dressing



30-40min



3-4 Personen

Der raffinierte Mix aus fluffigem Basmatireis, geröstetem Blumenkohl, knackigem Gemüse und frischen Kräutern liegt garantiert nicht schwer im Magen. Das leichte Joghurtdressing mit gerösteten Kokosraspeln, köstlich-süßen Rosinen und erfrischender Limette zaubert extra viel Aroma herbei, Sonnenblumenkerne sorgen für feinen Biss.

Was du von uns bekommst

- 2 kleine Blumenkohl
- 1 Päckchen Madras-Currypulver³
- 100g Rosinen
- 300g Bio-Basmatireis
- 2 rote Paprika
- 2 Stangensellerie¹
- 20g Minze
- 20g Koriander
- 1 rote Zwiebel
- 1 unbehandelte Limette
- 25g Sonnenblumenkerne
- 50g Kokosraspel
- 2 Becher Joghurt²

Was du zu Hause benötigst

- Salz und Pfeffer
- Olivenöl

Küchenutensilien

- Backofen
- Backblech und Backpapier
- mittelgroßer Topf mit Deckel
- mittelgroße Pfanne
- Messbecher
- Küchenreibe
- Zitruspresse
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Sellerie (1), Milch (2), Senf (3). Kann Spuren von anderen Allergenen enthalten.

Nährwertangaben pro Portion

Energie 688kcal, Fett 24.6g, Kohlenhydrate 94.8g, Eiweiß 17.9g



1. Blumenkohl backen

Den Backofen auf 220°C (200°C Umluft) vorheizen. Die **Blumenkohle** in 1-2cm große Röschen schneiden und auf einem mit Backpapier ausgelegten Backblech mit 2EL Olivenöl, **1TL Currypulver** sowie je 1TL Salz und Pfeffer vermengen. Gleichmäßig verteilen und 18-20Min. im Ofen backen, bis der **Blumenkohl** am Rand dunkel wird. Die **Rosinen** während der letzten 2-3Min. mitbacken.



4. Sonnenblumenkerne rösten

Die **Sonnenblumenkerne** in einer mittelgroßen Pfanne bei mittlerer Hitze ohne Zugabe von Fett 1-2Min. goldbraun anrösten. **Vorsicht**, sie können schnell zu dunkel werden. Zum Abkühlen aus der Pfanne nehmen und beiseitestellen. In derselben Pfanne die **Kokosraspeln** ebenfalls ohne Zugabe von Fett 1-2Min. anrösten und anschließend beiseitestellen.



2. Reis kochen

In einem mittelgroßen Topf 600ml leicht gesalzenes Wasser zum Kochen bringen. Den **Reis** in einem Sieb unter fließendem Wasser abspülen, bis das Wasser klar bleibt. Sobald das Wasser kocht, den **Reis** hineingeben und abgedeckt bei niedrigster Hitze 12-14Min. kochen, bis das Wasser aufgesogen und der **Reis** gar ist. Noch ca. 5Min. ohne Hitzezufuhr ziehen lassen.



5. Dressing zubereiten

Den **Joghurt** mit **1-2EL Limettensaft** und der **½ der Kokosraspeln** zu einem cremigen **Dressing** verrühren. Wenn nötig, 1EL Wasser hinzufügen.



3. Gemüse vorbereiten

Die **Paprika** vierteln, entkernen und in kleine Würfel schneiden. Den **Stangensellerie** längs halbieren und schräg in dünne Scheiben schneiden. Die **Minzeblätter** abzupfen und mit dem **Koriander samt Stängeln** grob schneiden. Die **Zwiebel** schälen, halbieren und fein würfeln. Die **Limettenschale** abreiben, dann die **Limette** halbieren und auspressen.



6. Salat mischen

Den **Reis** mit den **übrigen Kokosraspeln** und **Currypulver nach Geschmack** mischen. Die **Paprika**, den **Sellerie**, die **Kräuter**, die **Zwiebeln** und die **Limettenschale** zugeben und alles gut vermengen. Den **Blumenkohl** und die **Rosinen** vorsichtig unterheben. Den **Basmati-Blumenkohl-Salat** mit **Dressing** beträufeln und mit den **Sonnenblumenkernen** garniert servieren.

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