

Samosa Flatbreads with plums

Swick

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

Suggested adult serving: 1 pita with toppings; 2 plums

Store any leftover flatbread in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Soaked Cashews: Soak cashews in batches and freeze in portions to save time!

To quick soak, soak cashews in very hot water for 15 minutes. Drain the water and rinse the nuts. Place in an airtight container. Chill for up to 5 days or freeze for up to 3 months in the freezer.

Jalapeno: Though most of the chile's heat comes from the seeds (remove seeds for less heat), the oils in the pepper can irritate skin. Some people like to wear gloves, but most can get away with simply washing their hands after handling. Avoid contact with sensitive areas, especially your eyes.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Step 1: Prepare Fixings and Assemble Flatbreads

- 1 1/2 Yukon Gold potatoes scrubbed & diced (≈1 1/2 cups)
- 6 oz fresh or frozen cauliflower florets coarsely chopped (≈1 1/2 cups)
- 1 1/2 carrots diced (≈3/4 cup)
- 3/4 yellow onion chopped (≈3/4 cup)
- 1 1/2 jalapeños (optional) seeded (if desired) & minced
- 3 3/4 oz frozen green peas (≈3/4 cup)
- 2 1/4 teaspoons mild curry powder
- 1/4 cup unflavored plant milk
- freshly ground black pepper
- sea salt
- 1/2 cup raw, unsalted cashews soaked (see tip)
- 1/2 cup unflavored plant milk
- 1/3 teaspoon garlic powder
- 1/3 teaspoon onion powder
- 3 whole-grain pita breads
- 1/3 cup fresh cilantro finely chopped

SOAK CASHEWS

In a bowl, soak cashews in very hot water for 15 minutes. Drain water and rinse nuts.

STEAM POTATOES

In a steamer insert set over boiling water, steam diced potatoes, covered, until just tender when pierced with a fork, about 8 minutes. Remove from heat and let cool.

MAKE CASHEW CREAM

In a high-powered blender (or food processor), combine soaked cashews, 1/2 cup plant milk, garlic powder, and onion powder. Process until creamy, stopping processor a few times to scrape down sides. Set aside.

SAUTÉ VEGETABLES

In a large skillet over medium heat, cook cauliflower, carrots, onions, and jalapeños (if using), stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

COOK CURRIED VEGETABLES

Add steamed potatoes, peas, and curry powder and cook until all vegetables are tender, about 5 minutes. Add 1/4 cup plant milk and cook until plant milk thickens slightly, 1 minute more. Season with salt and pepper to taste.

HEAT PITAS

In a separate skillet over medium heat, heat pitas until pliable but not crisp, about 20 seconds on each side.

ASSEMBLE & SERVE

Spoon vegetables onto warmed pita breads. Drizzle with cashew cream and sprinkle with cilantro. Serve alongside plums.