

RIVER PARK WEST

Keeping You Informed, Educated & Connected

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Cauliflower Tikka Masala

Rich, creamy, flavorful, vegan, and healthy! This Cauliflower Tikka Masala recipe is made with whole, clean ingredients!

Prep Time 10 minutes

Cook Time 30 minutes

Author Anjali Lalani

Ingredients

- 1 medium cauliflower , washed and cut into medium-small florets
- 1.5 cup white onion , diced (about 1 medium white onion)
- 6 cloves garlic , minced
- 1/2 inch ginger , outer skin removed, finely grated
- 1/2 green jalapeno , diced (more or less as needed for spice)
- 1/2 tsp mustard seeds
- 1 tbsp cooking oil
- freshly chopped cilantro for garnish
- 2 tbsp cashew cream , optional (see notes)

For the Sauce:

- 3 medium vine-ripe tomatoes , halved
- 1 medium red bell pepper , stem and seeds removed
- 1/2 cup fresh cilantro , loosely packed
- 3/4 cup full-fat coconut milk

Spices:

- 3/4 tsp garam masala
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/2 tsp salt add more if needed to taste
- chili powder , as needed for spice (optional)

For the Cashew Cream (optional, note that you will only be using a small amount of this cashew cream in the recipe):

- 1/2 cup raw unsalted cashews , soaked for 2-3 hours
- 1/4 cup water

Instructions

To Prepare the Sauce:

1. In a large non-stick saute pan, heat 1 tbsp cooking oil on medium heat.
2. Add in the mustard seeds and allow them to fry for ~30 seconds. You should start to see them sizzle and start popping.
3. Immediately add in the finely grated ginger, minced garlic, green jalapenos (if using), and chopped onions. Cook for a few minutes until fragrant and the onions start to become translucent. Mix frequently to avoid burning.
4. While the mixture is cooking, add all the Sauce ingredients above into

a blender (I used a powerful blender such as a vitamix, but any blender should work).

5. Once the onions start to become translucent, turn off the heat, and add all the contents of the saute pan (onion/garlic/ginger) into the blender containing the Sauce ingredients.

6. Blend on high until completely pureed into a smooth sauce.

7. Pour the sauce from the blender back into the saute pan, add all the Spices listed above, and mix to combine. Heat the sauce on medium-low until you achieve a gentle simmer. Cook uncovered for 10-15 minutes on medium-low heat.

8. If possible, immediately rinse the blender out so you can use it again to make the cashew cream.

To Make the Dish:

1. Add all the cauliflower florets into the sauce, toss, and cook, COVERED, for about 10 minutes on low heat or until the cauliflower florets are cooked and tender yet able to keep shape.

2. Remove the cover and cook again on medium heat, stirring occasionally, for up to about 10-15 minutes OR until the sauce reduces a decent amount and thickens in consistency. While you are waiting, prepare the cashew cream if using.

3. Season with additional salt if needed, turn off the heat, drizzle on 2 tbsp of cashew cream (if using), and garnish with some fresh chopped cilantro. Enjoy hot with some rice, Naan, or favorite tortilla.

Recipe Notes

The sauce itself is very creamy, and although it does not need the cashew cream, I recommend drizzling some on at the end prior to serving for some added richness.

To Make Cashew Cream - Combine 1/2 cup soaked raw unsalted cashews + 1/4 cup water into a blender (preferably a high-powered blender). Blend on high until completely pureed. You should end up with smooth cashew cream (i.e. no pieces of cashews should remain). You will only be using 1-2 tbsp of the cashew cream in the recipe above. Store any remainder in the fridge or freeze.

For a non-spicy version - Simply omit the red chili powder and green jalapeno.

Coconut Milk - You can use lite coconut cream instead of the full-fat version. I've tried this and it still tastes great, just slightly less creamy.



RESIDENT CORNER

MANAGEMENT COMPANY

Graham Management..... 713-334-8000
..... graham@grahammanagementhouston.com

ONSITE & EVENTS COORDINATOR

Dee Norman

Email: rpwcoordinator@gmail.com

Tues – Thurs 10am to 5pm
346.380.9743

COMMUNITY WEBSITE

www.facebook.com/RiverParkWest
www.riverparkwestonline.org

NEWSLETTER

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BOARD INFORMATION

Tiffany Chen - President

Larry Wilson - Vice President

Jorge Diaz - Secretary/Treasurer



Board Meetings are held the 4th Monday of every other month with open to the public for all homeowners at 7pm. Confirmed meeting dates are notified 72 hours in advance on the official community website and sent via email to registered emails. Please be sure to register your email to stay informed.

Richmond Post Office - Have mail concerns or need to obtain a mail box key. Contact the post office directly Phone 281-633-0386 or visit in person 5560 FM 1640 RD 77469, Richmond Texas with a copy of proof of ownership documents or lease agreement Mon-Fri 9:00am - 5:00pm Sat 9:00am - 12:00pm Sun Closed

Informed Delivery - This feature sends a daily picture of all the mail for the owner's address to a registered email address before the carrier touches it. Click Track and Manage, Informed Delivery, Check for Eligibility. Visit USPS.com.

Trash Collection & Heavy Pick-Up days are Tues & Fridays (Recycling on Fridays) - Residents can contact WCA directly for payment and trash container request by phone 281-368-8397 or by email contact@wcamerica.com

Street parking complaints can be reported directly to Fort-bend County Sheriff Dept. 281-341-4665 press #4 for Dispatch or from the web site. Click on 'Report a Traffic Complaint' and fill in the blanks then submit at www.fortbendcountytexas.gov

CenterPoint Energy maintains street lights throughout the community. Please use the form online to report a street light outage. If you need to report a power outage please call 713-207-2222

To report street repairs in the community, please submit a maintenance request form online or contact the Fort bend County Road & Bridge division at 281-342-4513

To report street & drainage concerns, questions about your water bill & usage, contact City of Richmond 281-342-5456

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Driveway Clean

Ammonia

Tired of those annoying discolorations on your concrete work? To get rid of them, scrub with 1 cup ammonia diluted in 1 gallon (3.7 liters) water. Hose it down well when you're done.

Baking Soda

Salt and commercial ice-melt formulations can stain — or actually eat away — the concrete around your house. For an effective, but completely innocuous, way to melt the ice on your steps and walkways during those cold winter months, try sprinkling them with generous amounts of baking soda. Add some sand for improved traction.

Kool-Aid

Nasty rust stains on your concrete? Mix unsweetened lemonade Kool-Aid with hot water. Scrub and the rust stain should come right out.

Oven Cleaner

Get those unsightly grease, oil, and transmission fluid stains off your concrete driveway or garage floor. Spray them with oven cleaner. Let it settle for 5-10 minutes, then scrub with a stiff brush and rinse it off with your garden hose at its highest pressure. Severe stains may require a second application.

Soda

Here's how to remove oil stains from concrete drive-ways and garage floors: Gather up a small bag of cat litter, a few cans of cola, a stiff bristle broom, bucket, laundry detergent, bleach, eye protection, and rubber gloves. Cover the stain with a thin layer of cat litter and brush it in. Sweep up the litter and pour cola to cover the area. Work the cola in with a bristle broom, and leave the cola for about twenty minutes. Mix 1/4 cup laundry detergent with 1/4 cup bleach in 1 gallon (3.7 liters) warm water and use it to mop up the mess.

WD-40

Did a leaky oil pan leave a big ugly spot in the middle of your concrete driveway? To get rid of an unsightly oil spot, just spray it with a generous amount of WD-40 and then hose it down with water.



Need to Reserve the Clubhouse?

•To make a reservation, please contact your Community Coordinator, Dee Norman at 346-380-9743 or via email-rpwcoordinator@gmail.com

•To reserve a time slot please submit your name, property address, date/time of rental (please include set up time and clean up time) Maximum reserve time is 10 hours, last 5 digits of your access card and event type.

You are required to read the Clubhouse Rules & Rental Contract. The rental rules and contract must be completed and submitted to the clubhouse office to receive approval along with payment of \$50.00 for the rental fee and a payment of \$275.00 security deposit which is refundable.

Make sure you have your pool access card. This card will be your key for the clubhouse.

Your HOA account must be paid current for your reservation to be approved.

RiverPark West Community events that require the usage of the clubhouse will take precedence over any individual reservations. These events are on the Reservation Calendar and the Community Events Calendar.

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Key Facts About Influenza (Flu)

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

Period of Contagiousness

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Onset of Symptoms

The time from when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

People at High Risk from Flu

Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccine each year. Flu vaccine has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Diagnosing Flu

It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. There are tests available to diagnose flu. More information is available: Diagnosing Flu.

Treating Flu

There are influenza antiviral drugs that can be used to treat flu illness.



Become a RiverPark West Volunteer!



Do you want to see & participate in more community activities?

Community Associations thrive on volunteers and there are many volunteer opportunities available. The dedication and skills of volunteers are an invaluable commodity. Find out how you can help and make yourself at home! If you would

like to participate, please email rpwcoordinator@gmail.com.

YARD OF THE MONTH

Help keep our community beautiful and participate in Yard of the Month! This is your chance to hold the title of one of the

best yards in RiverPark West. Each yard will be judged in the following categories: Shrubs, Trees, Flowerbeds, Lawn Accents and Overall Appearance. Monthly winners will receive a gift card to a home improvement store as well as the honor of displaying the YOTM sign.

SOCCER CLUB

This club is an organization whose purpose is to develop individual and team soccer excellence in order to compete at the highest level each individual and team is capable of for those children under the age of 8. If interested email Coach Wendell, geeman32@gmail.com or join the Facebook page <https://www.facebook.com/groups/2040440646278121/>.

Happy New Year RiverPark West!

We closed out 2019 with a bang during our Annual Holiday Party with around 150 neighbors who joined us for the festivities. Activities featured a winter themed bounce house, selfie station, face painter and balloon artist, trackless train, Santa photos, hot cocoa/coffee bar, and dinner catered by Olive Garden.

Santa, Selfie Station and party photos have been posted to Graham Go (Formerly Townsquare). If you have not registered, please do so to receive important information and updates directly from the HOA on www.riverparkwestonline.org.

Thank you all for making RiverPark West the best place to call home!



Riverpark West

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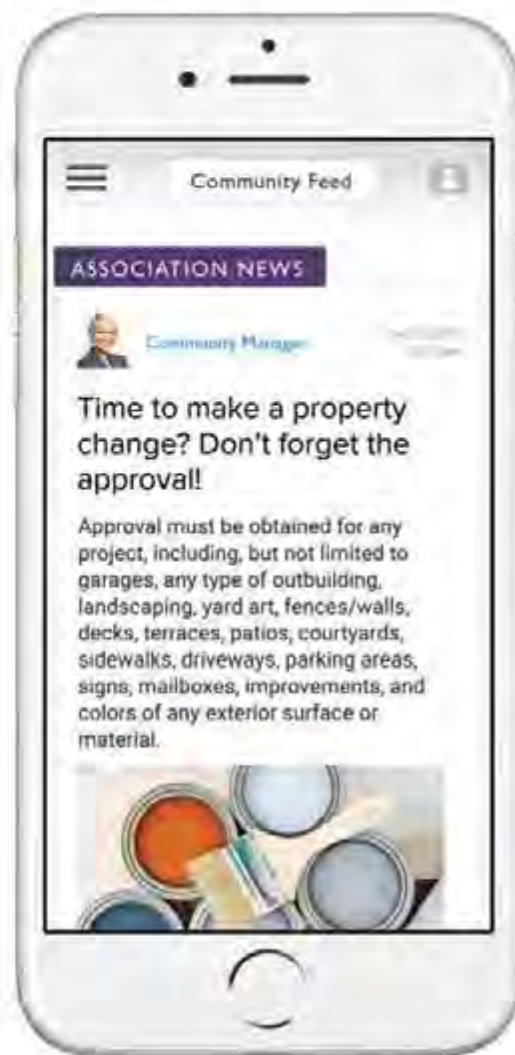
Get important HOA information and connect with your association:

- Receive notifications, messages and reminders from your HOA and HOA management company
- Find HOA documents, forms and events information
- Find contact information for the HOA management company
- Make a payment or check your account status

Multiple ways to join:

- Text "**grahamgo**" to 59248 and receive a text back with a mobile app download link
- Search for the mobile app "Graham Go" in Google Play store
- Go to riverparkwest.nabrnetwork.com

If you haven't received a welcome email, use the new registration button and follow the instructions. If you are a new resident to the community, it may take a few days for the management company to confirm your residency. An email notification with login credentials will be sent to you once you are authorized. If you have any issues or need login support, please contact Nabr Network support (support@nabrnetwork.com).



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