

# CURRIED CAULIFLOWER



## Allergy information

Mustard, milk, gluten

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home, you must make allergen information available when asked.

Serves 4

## Ingredients

- 2 x 15ml sunflower oil
- 2-3 cloves garlic
- 1 x 5ml spoon ginger
- 1 x 5ml spoon cumin seeds
- 1 x 5ml spoon mustard seeds
- 1 head cauliflower
- ¼ tsp turmeric powder
- 1 x 5ml spoon coriander powder
- 1 x 5ml spoon chilli powder or paprika
- 3 x 5ml spoon tomato puree
- 1 x 5ml cinnamon powder
- 4 x 15ml spoons / 60ml water
- Fresh coriander to garnish

To serve: natural yogurt and naan bread

## Equipment

- Chopping board
- Sharp knife
- Grater or zester (optional)
- Garlic crusher (optional)
- Large saucepan and lid
- Wooden spoon or plastic spatula
- Measuring spoons
- Cup
- Teaspoon



## Method

1. Peel the ginger (using the side of a teaspoon) and chop or grate finely
  2. Peel the garlic and chop finely or use a garlic crusher
  3. Prepare the cauliflower by removing the central core and breaking/ cutting into 1-inch florets
  4. Put a medium/ large saucepan on a medium heat; add 15ml of the oil
  5. Once hot – not burning, add the garlic, ginger, and sauté for a few seconds
  6. Then add the cumin and mustard seeds
  7. Once they finish popping, add the remaining 15ml of oil and the cauliflower. Sauté for 5 minutes on a medium heat
  8. Add the turmeric, coriander powder, chilli powder/paprika and sauté again. Adjust the quantities to suit your palette
  9. Using a teaspoon mix the tomato puree and the water in a cup and add that to the cauliflower
  10. Put a lid on the saucepan and cook on a low heat for a few more minutes. The steam will help cook the cauliflower
  11. When nearly cooked add the cinnamon powder and finish on a high heat for 2 minutes
  12. Garnish with fresh coriander
- Serve with plain natural yogurt and naan bread.



## Tips and alternatives

- Want to bulk out the recipe? Try adding two peeled and chopped potatoes at step 7 and add a bit of extra water to the tomato mixture at step 9. Potato makes a great addition to a curry as it absorbs the flavours so well. Try adding a handful of spinach leaves for extra colour and goodness.
- Need to add some protein to your meal? Just add a can of drained chickpeas at step 9 and away you go! Yum – nutritious and delicious!

