

CAULIFLOWER & CHICKPEA CURRY



Moderate



60 minutes



Main



04 Servings

INGREDIENTS

1 medium onion, chopped finely
1 tbsp oil
3 cloves of garlic minced
10 green cardamom pods optional
1 cauliflower cut into florets
1 green pepper roughly chopped
½ tsp dried red chilli flakes or powder
2 heaped tsp ground cumin
1 tsp ground ginger
1½ tsp ground coriander optional
1 tsp ground turmeric
2 heaped tsp garam masala
½ tsp sea salt
1 400g can of cooked chickpeas
1 400g can of chopped tomatoes
1 400g can of full fat coconut milk
A small handful of fresh herbs (optional)



COOKING STEPS

Heat the coconut oil in a large sauté pan over a medium heat. Use a pan with a tight-fitting lid. Add the onion and cardamom pods (optional) and cook for about 10 minutes, until the onion is translucent and a little springy and the pods have popped open.

Add the garlic and ginger and cook for about 2 minutes, then add the spices and salt. Stir well and cook for about a minute, until the spices release their flavour.

Now pour in the chopped tomatoes plus about 50 ml of water added to the empty can. Stir well, then add in the chickpeas, cauliflower and pepper. Cover the pan, reduce the heat then simmer for about 5 minutes, stirring occasionally so the sauce doesn't stick to the bottom of the pan. This will also steam the cauliflower.

After 10 minutes, pour in the coconut milk stir well then simmer over a medium heat for 10 minutes, until the sauce reduces and thickens. Check the seasoning and stir in the chopped herbs and serve immediately. Serve with basmati rice.