



CAULIFLOWER & CHICKPEA CURRY

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion finely chopped
- 2 garlic cloves minced
- 1 tablespoon fresh ginger peeled/finely grated
- 3 tablespoons fresh coriander chopped (plus more for garnish)
- 1 small head of cauliflower cut into florets
- 3 cup chopped potatoes or kumara
- 2 tablespoons red curry paste
- 1 tablespoon curry powder
- 2 teaspoon turmeric
- 1 ½ teaspoon coriander
- 1 ½ teaspoon cumin
- 1 can chopped tomatoes
- 1 can chickpeas drained and rinsed
- 1 can coconut milk full fat or light
- Lime slices for serving

INSTRUCTIONS

1. Heat the oil in a large, heavy pot. Add the onions and cook until they're soft and translucent, about 5 minutes. Add the garlic, ginger, and fresh coriander; and sauté until fragrant, about 1 minute.
2. Add the cauliflower and potatoes along with the red curry paste, curry, turmeric, coriander and cumin. Season with salt and pepper and sauté for 5 more minutes until the vegetables are well coated with the curry paste and dish becomes very fragrant.
3. Next, add the canned tomatoes with their juices, chickpeas and coconut milk in addition to 2 cups of water.
4. Bring to a boil, then turn the heat to low. Simmer for 20 minutes, stirring occasionally, until the cauliflower and potatoes are tender.
5. Serve with rice (brown rice for an extra fibre hit) and garnish with coriander and lime slices, if desired. Enjoy!
6. Curry will keep in the fridge for up to 5 days or can be frozen.

Serves 4 as a side dish. Credit to Nadia Lim for the recipe.