

Cauliflower Curry

by Paul Flynn



INGREDIENTS

Serves 4

- 1 tbsp coconut oil
- 2 cloves garlic, grated
- 1 large 3cm knob ginger, peeled and grated
- 2 tsp curry powder
- 1 onion, finely chopped
- ½ small red chilli, finely diced
- 200g red lentils
- 1 carrot, chopped into slices
- 1 cauliflower, broken into florets
- 1 veg stock cube
- 700mls water
- 1 x 400g can low fat coconut milk
- Bunch coriander, chopped

METHOD

1. Put the oil, grated ginger and garlic into a casserole dish and fry gently for one minute.
2. Add the onion, chilli, lentils and curry powder and mix together and cook over low heat for three minutes.
3. Add the carrot and cauliflower, stock cube and water.
4. Bring to boil and simmer for 20 minutes until the vegetables are cooked.
5. Turn off heat, add the coconut milk and stir through.
6. Season and serve with plenty of chopped coriander.