



Curried Cauliflower

Frying the mustard seeds at the beginning is crucial in releasing their flavour, so be sure to see this first step through in order to produce the most flavoursome side dish. This can be used as part of your main meal simply by adding some roasted seasonal veg and a piece of fish or lean meat, or simply as part of a buffet when entertaining friends and family. If you or who you're catering for have an allergy to peanuts, simply swap over your oil used to one that suits.

Serves 4

Ingredients

- 2 tsp hot paprika
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 2 tbsp peanut oil
- 2 tsp black mustard seeds
- 2 serrano chiles, chopped
- 1 large head cauliflower, cored and roughly chopped
- 3 plum tomatoes, cored and roughly chopped

To serve

- Roast seasonal vegetables
- fish or lean meat of choice

Method

1. In a bowl, combine paprika, coriander, and turmeric and set aside.
2. Heat oil in a saucepan over high heat. Add mustard seeds and cook until fragrant, about 3 minutes. Add reserved spice mixture, chiles, cauliflower, and 60ml water and cook until tender, 5-6 minutes.
3. Lower heat to medium, add tomatoes and cover until softened, about 2 minutes.
4. Serve your curried cauliflower with seasonal roasted veg and a piece of fish or lean meat of choice



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