

Cauliflower Coconut Curry Makes 4 servings

Cauliflower becomes tender and flavorful in this Indian-inspired dish. Your child can help garnish each serving with the nuts and cilantro.

Ingredients

- 2 tablespoons olive or canola oil
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and finely chopped
- 1 white or yellow onion, chopped into ¼ inch pieces
- 1 tablespoon tomato paste
- 1 ½ teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon salt
- ½ teaspoon chile powder
- 1 head cauliflower, cut into small florets
- 1 14-ounce can unsweetened coconut milk
- 1 cup frozen peas
- 2 tablespoons lemon juice
- ½ cup cashews, toasted and chopped (optional)
- ½ cup cilantro, finely chopped



Photo: Daisybeet

Directions

1. Add the oil to a large pan set over medium-low heat. When the oil is hot, add the onion and cook until soft and golden, about 10 minutes. Add the garlic and ginger and cook until fragrant, about 2 minutes.
2. Add the tomato paste, coriander, cumin, salt, and chile powder and cook until fragrant, about 2 minutes.
3. Add the cauliflower and coconut milk and bring to a simmer. Turn the heat down to low and cover and cook until the cauliflower is tender but not mushy, 12 to 15 minutes.
4. Add the peas and cook for another 5 minutes. Turn off the heat and stir in the lemon juice.
5. Top with the toasted cashews and cilantro and serve hot with brown rice.

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