

Indian Style Roast Cauliflower

Serves 8

Complements the chicken curry



Ingredients

- 2 Tbsp of oil
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp curry powder
- 1 tsp turmeric powder
- 1 cauliflower cut into 1-inch bite size pieces
- 1 tsp ginger, peeled then finely grated (optional)
- 2 Tbsp raw almonds (optional)
- Zest of half a lemon (or zest of a whole lime)

Method

1. Preheat oven to 170 C°.
 2. Cut cauliflower into bite size pieces.
 3. In a large mixing bowl, stir the oil, coriander, cumin, curry, turmeric, ginger and almonds together well.
 4. Add the cauliflower and finish the seasoning with pepper.
 5. Coat each cauliflower piece evenly with the seasoning mix.
 6. Arrange them in a large roasting tray, be sure to use all the mix from the bowl.
 7. Roast until cauliflower is brown around edges (crisp-tender 10–15 minutes).
 8. Transfer to a platter and sprinkle over the lemon or lime zest.
 9. Serve warm with the curry recipe and a side of the cucumber and tomato salad recipe. If not serving with the cucumber and tomato salad, serve with a little natural plain yogurt on the side.
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