



Cauliflower Curry

Serves 4 EASY



Ingredients

- 4 medium potatoes, quartered
- 2 tbs oil
- 1 medium onion, sliced
- 2 tbs Hot Curry Powder
- 1 clove garlic, crushed
- 1 medium cauliflower, cut into florets
- 225 g (8 oz) frozen peas
- 1/2 tsp salt
- 400 g (14 oz) tin chopped tomatoes

Method

STEP 1

Par-boil the potatoes in boiling, salted water for 10 minutes, and drain.

STEP 2

Heat the oil in a pan and fry the onion until softened. Add the Curry Powder and garlic and cook for a further 1 minute. Add the cauliflower florets, peas, potatoes, salt and tomatoes.

STEP 3

Bring to the boil, cover, and simmer for a further 15-20 minutes, stirring occasionally, until the vegetables are tender.

STEP 4

Serve with a meat based Indian curry, rice and naan bread for a full meal.