

spiced cauliflower masala

Equipment:

Knives, chopping boards, bowl, measuring spoons, mortar & pestle, big square frying pan, wooden stirrer

Ingredients:

¼ cup rice bran or canola oil
½ tspn mustard seeds
1 onion
5cm piece ginger
3 cloves garlic
½ tspn cumin seeds
½ tspn ground turmeric
400gms cauliflower florets
220gms tinned diced tomatoes
1 fresh long green chilli
20 pods of peas
½ tspn salt
a few coriander sprigs, to serve

Method:

Peel and finely chop onion, ginger and garlic (or pound garlic and ginger).

Wash cauliflower, chilli and coriander. Chop cauliflower into bite-sized pieces. (The whole lot).

Deseed chilli and finely chop.

Pod peas.

Heat oil in the frying pan over medium heat. Add mustard seeds and wait a few seconds until they start to pop.

Add cumin seeds, stir briefly, then stir in onion, turmeric, garlic and ginger and stir until onion is soft (about 8 minutes).

Add cauliflower and turn until every piece is well coated with the spice mixture, then add tomatoes, chilli and salt. Cover, turn to a very low heat and cook for 5-7 minutes.

Check the sauce; you may need to add a little water to prevent it sticking.

Add the peas and cook for another 2-3 minutes, or until the cauliflower is JUST tender.

Take lid off, check for taste and consistency, then serve.

Sprinkle with a little torn coriander.