

Recipe

ROASTED CAULIFLOWER LENTIL CURRY



▶ Vegan, gluten-free, soy-free, nut-free, refined sugar-free

▶ **Yield:** 4-6 servings

Prep Time: 10 min

Roasting Time: 40-50 min

▶ **Curry time:** 15-20 min

▶ **Total Time:** 70 min

INGREDIENTS - THE CAULIFLOWER

- 1 head of cauliflower, in bite-sized pieces
- 1 Tbsp (15 ml) vegetable oil
- 1 tsp (5 g) garlic powder
- 1 tsp (5 g) onion powder
- 1/2 tsp paprika powder
- 1/4 tsp salt
- 1/4 tsp black pepper

INGREDIENTS - CURRY

- 1 Tbsp (15 ml) vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, crushed
- 1 Tbsp (15 g) curry powder
- 1/2 Tbsp (7.5 g) garam masala powder
- 1/2 Tbsp (7.5 g) turmeric powder
- 1 tsp (5 g) cumin powder
- 1 tsp (5 g) coriander powder
- 1 tsp (5 g) cinnamon powder
- 1 tsp (5 g) salt
- 1 can (400 g) diced tomato
- 10 cherry tomatoes, cut in halves or quarters
- 1 can (400 ml) coconut milk
- 1 can (250 g) cooked brown lentils
- 2 cups (100 g) fresh spinach
- 1 batch roasted cauliflower

DIRECTIONS

1. Preheat oven to 210 C (400 F). Toss the cauliflower with the oil and spices until coated. Spread evenly on a baking tray lined with baking paper or tinfoil. Roast for 40-50 minutes, until crispy and golden, stopping to mix once halfway.
2. In a large pot on medium heat, cook the onions in the oil, until soft and slightly golden. Add splashes of water if needed to prevent burning or sticking in the pot. Once soft, add the garlic and all the spices, and stir until fragrant (about 1 minute).
3. Add the can of tomatoes and chopped tomatoes, and stir to combine everything. Allow to simmer for 5 minutes.
4. Finally, add the coconut milk, lentils, spinach, and roasted cauliflower, and mix until everything is combined and heated through, about 5 minutes. Serve with rice, and enjoy!

NOTES

1. **Make ahead** - we suggest making 1-2 batches of the roasted cauliflower ahead of time. Some you can use it to top salads, or layer in wraps, and the rest you can use in this curry.
2. **Storage** - the roasted cauliflower will keep in an air-tight container in the fridge for up to 3 days or in the freezer for up to 1 month.
3. **Variations** - try with chickpeas, beans, sweet or regular potato, broccoli, or red peppers.

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