

Cauliflower Curry

Ready in 40 minutes

Skill level Easy

Servings Serves 4

Nutrition per serving Calories 357 protein 12.8g carbs 28.2g fat 22.2g saturates 14.5g fibre 6.8g

Ingredients

- 2 onions, finely chopped
- oil
- 1cm ginger, grated
- 2 tbsp curry paste (use more if you like it hot)
- 400g tin coconut milk
- 400g tin chopped tomatoes
- 1 head cauliflower, broken into pieces

Directions

1. Fry the onions in a little oil until they start to soften, add the ginger and curry paste and fry until fragrant. Add the coconut milk, tomatoes, cauliflower and potatoes and bring to a simmer.
2. Cook for 20–30 minutes or until the potato is cooked, then season with salt. Stir in the lemon juice and spinach and leave for 2 minutes with a lid on, but off the heat. Season and serve with naan bread and basmati rice.