

Roast spiced cauliflower & lentil curry

A creamy, vegan dal-style dish that's gently spiced but full of character thanks to French-style curry powder. Keep it in the freezer for gatherings or freeze leftover portions

Serves 8

Prepare 15 minutes

Cook 45 minutes

- 5 tbsp vegetable or sunflower oil
- 2 large onions, finely chopped
- 50g piece ginger, peeled and finely chopped
- 4 cloves garlic, crushed
- 2½ tbsp Cooks' Ingredients French Style Curry Powder
- 1 tbsp turmeric
- 10 Cooks' Ingredients Curry Leaves
- 500g pack red split lentils, rinsed
- 1.4L vegetable stock
- 400ml can coconut milk
- 2 cauliflowers, trimmed and cut into florets
- 200g coconut yogurt alternative
- 80g No.1 Hickory Smoked Nut Medley, roughly chopped, to serve (optional)
- ½ x 25g pack coriander, leaves picked, to serve

01_ Heat 2 tbsp oil in a wide sauté pan or large saucepan over a low-medium heat, then cook the onions and ginger with a large pinch of salt for 8-10 minutes until softened. Add the garlic, 1½ tbsp curry powder, the turmeric and curry leaves, then cook for 4-5 minutes more, stirring until fragrant. Meanwhile, preheat the oven to 200°C, gas mark 6.

02_ Stir in the lentils until coated, then add the stock and coconut milk. Bring to a simmer and cook for 25-30 minutes, stirring occasionally, until the lentils are tender and creamy (add a little extra water towards the end of cooking, if needed).

03_ Meanwhile, put the cauliflowers in a large bowl and toss with the remaining oil and curry powder. Season, then spread over a large baking tray and roast for 25-30 minutes, until tender and golden.

04_ Stir the roasted cauliflower into the cooked lentils and season. Ladle into bowls, dollop over the coconut yogurt alternative and scatter with the smoked nuts, if using, and coriander leaves. Great with warm naan or fluffy rice, if you like.

SOURCE OF PROTEIN/SOURCE OF FIBRE

V Per serving 2179kJ/520kcal/21g fat/11.4g sat fat/53.8g carbs/14g sugars/11.4g fibre/23.3g protein/2.3g salt/2 of your 5-a-day/vegan

Ahead of the game:

Cool the curry, then cover and freeze in containers or freezer bags for up to 3 months. Defrost overnight in the fridge and reheat with a splash of water until piping hot.