

## Curried cauliflower and baby potato try bake



You will need a baking tray or oven dish.

The preparation time is about 20 minutes with around 1 hour in the oven.

### Ingredients

1 cauliflower, 1 apple, 50g raisins, 400g baby potatoes, 1 cup of vegetable stock, 2tbsp each olive oil, cider vinegar, maple syrup, lemon juice, 2tsp curry powder, 1 tbsp Dijon mustard.

### Preparation

1. Preheat oven to 180°C.
2. Break the cauliflower into small florets and par boil along with baby potatoes for 5 minutes
3. Meanwhile mix all the liquid ingredients except oil together.
4. Lay the cauliflower and potatoes in the baking tray, season to taste and baste with olive oil.
5. Put in oven until potatoes and cauliflower cooked (around 45-60 minutes)

**Serves 3-4.**