

Quick cook Cauliflower Curry with Peas and Spinach



You'll need a roasting tin large enough to hold all the vegetables in the single layer.

Prep time 10 minutes

Cook 30 minutes

Ingredients

1 tbsp mustard seeds, 2 tsp fennel seeds, 2 tsp cumin seeds, 2 teaspoon black onion seeds, 1 cauliflower cut into small florets, leaves from cauliflower finely chopped, 220g cherry tomatoes halved, 1 red onion finely sliced into 8, 2 cloves crushed garlic, 5cm fresh ginger grated, 1 tbs oil, 1 tsp sea salt, 200g frozen peas, 80g fresh spinach roughly chopped (or equivalent frozen chopped spinach), 400g tin coconut milk.

Preparation

1. Pre-heat oven to 200 C. – grind the mustard, fennel, cumin and black onion seeds with a pestle and mortar, and tip them into a roasting tin with everything, except the spinach and coconut milk.
2. Put a roasting tin into the oven and roast for 20 minutes.
3. Stir through the chopped, spinach and coconut milk and let everything cook for a further 10 minutes until the cauliflower is cooked through.
4. Season with lime juice, and taste and adjust the salt as needed.

To serve

A handful of fresh coriander, roughly chopped.
Serve with rice or flatbreads.

Serves 3-4