



Chickpea and Cauliflower Curry

Recipe source: www.goodchefbadchef.com.au

Season: Summer

Type: Main

Difficulty: Moderate

Serves: Serves 4

Fresh from the garden: Cauliflower, coriander, kaffir lime leaves

Equipment	Ingredients
<ul style="list-style-type: none">• Knife• Soup pot• Chopping board• Wooden spoon• Measuring spoons• Measuring cups• Garlic crusher• Can opener• Grater	<ul style="list-style-type: none">• 1 tbsp olive oil• 1 onion, diced• 2 garlic cloves, crushed• 2tsp ginger root, finely chopped• 1 tsp yellow mustard seeds• 1 tsp cumin powder• 1 tsp garam masala• 2 tsp chilli powder or flakes• ½ cauliflower, cut into florets• 1 cup diced carrot• 1 tin chickpeas (400g)• 1l good stock• 200 ml chopped tomatoes (optional)• 1 kaffir lime leaf• 1 tsp fish sauce• Tamari to taste• 1 tsp tumeric• 2 tsp sesame oil• 200 ml light coconut milk• ½ cup coriander leaves• Yoghurt to serve

What to do:

1. Heat the oil in a large soup pot, then add the onion and cook until soft.

2. Add the ginger, garlic and coriander stem and root. Sauté for another minute, then add all of the spices and cook until they start to stick on the bottom of the pot, being careful not to burn them. You may need to add a little (1 tbsp) water here.
3. Now add the vegetables, canned tomatoes and chickpeas. Sauté these ingredients for a minute or so until they are coated with the spice mix.
4. Fill the pot with your stock, along with the lime leaf and tamarind (if you're using them). Let the curry simmer until the vegetables are soft and the liquid has reduced and thickened. The longer the better, but allow at least 30-60minutes. You can add the tamari at any time throughout the cooking process, same with the fish sauce and sesame oil.
5. The coconut milk can go in near the end of the cooking process – no need to boil it, just be sure it's heated through. Top with coriander leaves, serve with yoghurt.