



## BAKED CAULIFLOWER WITH CURRY SAUCE & LENTILS

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### CAULIFLOWER

1 x whole cauliflower  
1 teaspoon each - ground coriander, cumin, paprika  
1-2 tablespoon olive oil  
salt and pepper

### CURRY SAUCE

1 x tin 400ml coconut milk  
4-6 curry leaves  
1 shallot finely diced  
1 garlic clove finely minced  
knob ginger finely minced  
1 teaspoon tumeric  
1/2 teaspoon chilli flakes

### LENTIL TOPPING

1/2 cup cooked green lentils  
1 garlic clove  
olive oil, salt & pepper

Rub Cauliflower with spices and olive oil. Bake in oven 220C for 60-90 minutes.

Meanwhile to make curry sauce, heat a little oil in pan and saute shallot, garlic and ginger. Add coconut milk, curry leaf, tumeric and chilli flakes.

Season with salt & Pepper or Fish Sauce. Simmer 15 minutes.

Lentils - cook to instructions, the fry in a little oil and garlic.

Assembly - Pour Curry sauce over whole roasted cauliflower, scatter with lentils and coriander leaves.