

Cauliflower and lentil curry

4 portions

- 180 g (1 cup) red lentils
- 4 tbsp ghee or oil for frying
- 2 medium onions, diced
- 1 tsp cumin seeds
- 50 g fresh ginger, peeled and finely grated into a paste
- 4 garlic cloves, smashed into a paste
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1½ tsp ground turmeric
- 2 dried red chilies
- 2½ cups water
- 2 medium tomatoes, peeled and chopped
- 1 cup coconut milk
- salt to taste
- 1 large cauliflower, broken into small florets
- fresh coriander leaves for garnish

to finish:

- 2 tsp oil
- 1 tsp black mustard seeds
- 1 tsp cumin seeds

Place lentils in a bowl with enough water to cover and soak for 20-30 minutes.

Heat 2 tablespoons of ghee or oil in a casserole dish and fry the onions over low heat until soft. Add cumin seeds, fry for 30 seconds. Add ginger paste and garlic paste, fry for about 2 minutes over very low heat, stirring constantly. Mix in the ground spices - coriander, cumin and turmeric - together with dried chilies and fry for another 2 minutes, stirring.

Add drained lentils, cover with 2½ cups of water and add chopped tomatoes. Cook covered until lentils get soft and start to fall apart. Stir in coconut milk and cook, uncovered, over medium-high heat for 5-10 minutes until curry gets thicker. Add salt to taste.

Meanwhile, heat the remaining 2 tablespoons of ghee/oil on a frying pan and fry the cauliflower florets over medium heat until golden on all sides. When ready, add to the lentils and cook until cauliflower is soft enough for you (you can leave it crunchy if you like).

To finish, heat 2 teaspoons of frying oil on a small pan over medium-high heat. When the oil

starts to sizzle add black mustard seeds and cumin seeds and fry for just a few seconds. Drizzle over curry, cover and let stand for 5 minutes.

Serve with Indian bread (e.g. naan or roti) and sprinkled with fresh coriander.