



ROASTED CAULIFLOWER WITH LENTILS AND TOMATO-CREAM SAUCE

6 servings

INGREDIENTS:

- 1 small head of cauliflower (750 g)
- 120 g of dry green lentils
- 1 large onion, diced
- 2-4 cloves of garlic, finely chopped
- can of whole tomatoes
- 2 tbsp of tomato puree
- 100-150 ml of heavy cream
- 200 ml water
- olive oil or ghee for frying
- salt and pepper
- 0,5 tsp of whole cumin, ground coriander, whole mustard seeds, turmeric and ground paprika
- 2 handfuls of spinach (frozen or fresh)
- rice or naan for serving

METHOD:

1. **Roasted cauliflower:** Break up the small head of cauliflower into smaller bite-sized pieces. Place them on a baking sheet, drizzle with about 2 tbsp of olive oil and season with salt and pepper. Stir it well and bake in the oven at 180°C for about 20-30 minutes. Roasted cauliflower has to have brown edges and still has to be firm enough.
2. **Lentils:** Meanwhile, cook the lentils in a small pot with salted water. If you have soaked lentils, they will cook about half the time that is on the package instructions.
3. **Sauce:** In a large pot, add chopped onion and fry until soft, then add finely chopped garlic, 0,5 tsp of whole cumin, ground coriander, whole mustard seeds, turmeric, ground paprika and pepper and let it fry for another minute. Watch the spices carefully and especially stir the ground ones so that they do not burn.
4. Add a can of whole tomatoes to the pot with onion base (cut or beat the whole tomatoes with a wooden spoon), add 2 tbsp of tomato puree and 200 ml of water and cook for about 5 minutes.
5. Then add the roasted cauliflower, cooked lentils and cream and let it warm up. Finally, add the chopped spinach and stir.
6. Serve with fluffy rice or with naan bread or other favorite side dish.