

Cauliflower, Coconut and Cashew Curry



Ingredients (serves 2):

- 1 onion, chopped
- Cauliflower florets
- Cashews - handful
- 2 tablespoons Coconut cream
- 2 teaspoons Garam Masala
- 1 teaspoon Cumin
- 2 teaspoons Turmeric
- Garlic (to taste)
- 1-inch fresh Ginger – finely shredded
- ½ tin chopped Tomatoes
- 1 teaspoon Sugar

Make:

1. Fry onions, spices, garlic, sugar and ginger in a pan for 5 minutes to soften the onions.
2. Add tomatoes and coconut cream to the pan and mix well.
3. At this point I normally place the pan on a slow cooker for a few hours, but could cook on the hob.
4. 30mins before eating, add the cauliflower and cashew to the pan and simmer.
5. Serve with parsley to decorate.

