

CAULIFLOWER & CHICKPEA CURRY

Ingredients:

- 3 Onions (chopped)
- 1 Cauliflower (chopped into florets)
- 4 Garlic Cloves (chopped)
- 2 Tbsp Oil
- 1 Tsp Grated Ginger
- 2 Tsp Ground Coriander
- 2 Tsp Ground Cumin
- Pinch Chilli Flakes
- 2 Star Anise
- 2 Tsp Garam Masala
- 400g Tin Chopped Tomatoes
- 400g Tinned Chickpeas (drained and rinsed)
- Handful Fresh Coriander (chopped)



Method:

1. Select a large pan with a tight fitted lid.
2. Heat the oil over a medium heat. Add the onions, garlic and ginger and sauté until the onions are translucent. Add the ground coriander, cumin, chilli flakes, star anise and some salt and pepper and cook for a further 3 minutes.
3. Add the chopped tomatoes and the chickpeas. Stir well, then add the cauliflower and add approx. 150ml water (enough to cover everything) and bring to a simmer and cook for 5 – 10 minutes stirring once or twice.
4. Stir in the garam masala and half the chopped coriander, then check the seasoning.
5. Take the pan off the heat, put on the lid, wrap in a towel and transfer the pan to the Thermal Cooking Bag. Allow to cook for about 3 hours.
6. Once cooked, serve scattered with the remaining coriander and accompanied with rice, flatbreads or naans.

CONTACT US



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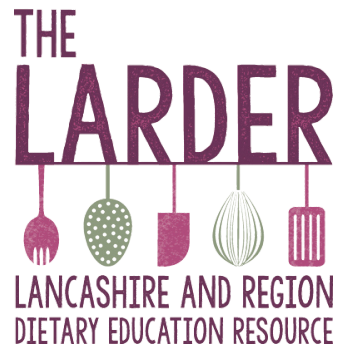
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The Larder is a social enterprise who believe in food fairness for all.

Our aim is to make fresh local produce affordable to people on low incomes, without farmers, animals and the environment bearing the cost.

We do this through our cafe and community hub, food academy, and many more food related initiatives.

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