

Cauliflower, spinach & chickpea curry



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Preparation 20 mins | Cooking 40 mins | Serves 4-6

- 2 tbs vegetable oil
 - 1 brown onion, thinly sliced
 - 4 cm piece fresh ginger, peeled and finely chopped
 - 2 garlic cloves, crushed
 - 1½ tsp ground turmeric
 - 1½ tsp ground coriander
 - 1½ tsp ground cumin
 - 3 long green chillies, deseeded and thinly sliced
 - 4 vine-ripened tomatoes, chopped
 - 1 small cauliflower, trimmed and cut into large florets*
 - 400g can chickpeas, drained and rinsed
 - ¾ cup vegetable stock
 - 75g baby spinach leaves
 - ¾ cup reduced fat coconut cream
 - 1 cup coriander leaves
- Basmati rice & lime wedges, to serve

**You'll need about 750g cauliflower florets*

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until softening. Add ginger, garlic, turmeric, coriander, cumin and chillies and cook for 2-3 minutes until fragrant.

STEP 2 Add tomatoes and cook, stirring often, until softened. Bring to the boil. Reduce heat, cover and simmer for 5 minutes. Add cauliflower, chickpeas and stock. Cover and simmer for 15-20 minutes or until cauliflower is just tender.

STEP 3 Stir through spinach, coconut cream and coriander leaves. Season to taste. Serve with rice and lime wedges.