

Indian-spiced winter vegetables



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Preparation: about 20 minutes
Cooking: about 35 minutes
Serves: 4 as a side dish

This dish is excellent served with tandoori chicken or as a vegetable dish to accompany a curry.

2 tbs vegetable oil
20g butter
1 tsp brown mustard seeds
½ tps ground turmeric
1 tsp ground cumin
3cm piece fresh ginger, peeled and chopped
1 long red chilli, deseeded and chopped
¼ medium cauliflower, trimmed and cut into florets
2 Desirée potatoes, peeled and chopped into 3cm pieces
2 carrots, peeled and cut into 2cm-thick slices
1 cup chicken stock
coriander leaves, tzatziki dip and naan bread, to serve

1. Heat oil and butter in a large non-stick frying pan over medium-high heat. Add mustard seeds, turmeric, cumin, ginger and chilli and cook, stirring, for 1 minute.
2. Add cauliflower, potatoes and carrots. Stir to combine. Cover and cook for 5 minutes. Stir in chicken stock and bring to the boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 20 minutes or until vegetables are tender. Uncover and cook until stock has evaporated. Spoon onto a serving plate. Sprinkle with coriander and serve with tzatziki dip and naan bread.



Cauliflower

- Cauliflower is an excellent source of vitamin C, with 100g supplying well over a full day's requirement of this important anti-infection vitamin.
- A good source of vitamin K, a vitamin involved in helping blood clot normally and also folate, the B vitamin that is important for healthy blood cells.
- Provides dietary fibre including soluble fibre which can help increase 'good' bacteria in the large intestine.