

Good Enough 2 Eat

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Cauliflower & Chickpea Curry

You'll need:

- 1 tablespoon olive oil
- 1 brown onion, cut into wedges
- 2 gloves of garlic, diced finely
- 3 teaspoons of healthy curry powder
- 440g of chopped tomatoes
- 1 cup of water
- 2 chicken stock cubes (see note)
- 500g cauliflower florets
- 400g can chickpeas, drained
- 50g baby spinach leaves

To make the healthy curry powder combine:

- 1 tablespoon turmeric, coriander, cumin, fenugreek and cardamom powder
 - 1 teaspoon garlic and onion powder
- Store in an airtight container.

Here's what to do:

Heat a large heavy based saucepan. Add the oil, onion and garlic and cook for 3 minutes until the onions have sweated and begin to look transparent. Stir in the curry powder and cook for another minute. Stir through the tomatoes, water, stock cubes, cauliflower and chickpeas. Cover with a tight fitting lid, bring to the boil and simmer for 10-15 minutes until the cauliflower is tender. Don't overcook! Just before serving, stir in the spinach leaves and reheat for 1 minute, so that the leaves are just wilted. Serve over brown rice or a baked potato.

Chickpeas are part of the legume family and are high in fibre and protein. Use directly from a can. If using dried chickpeas, pre-soak them in water overnight and rinse thoroughly before bringing them to the boil and cooking until tender.

