

## Our Seasonal Recipe

# What's in season this month?

You can cook a great meal with these!

- Beetroot
- Cauliflower
- Cabbage
- Carrots
- Purple Sprouting  
Broccoli
- Turnips
- Leeks
- Parsnips
- Apples
- Swede

We chose this dish as our recipe of the month...

## Cauliflower and Chickpea Curry

As winter plods on this is perfect for looking forward to spring. This curry adds vibe and colour to any meal!

### Ingredients

- 1 small cauliflower, chopped into florets
- 2 tbsp sunflower oil
- 1 onion, thinly sliced
- 2cm piece of ginger, grated
- 1 garlic clove, crushed
- A pinch of dried chilli flakes
- 1 tbsp curry paste
- 400g tin chickpeas, drained and rinsed
- 400g tin of tomatoes
- 2 tbsp tomato ketchup
- Juice of 1/2 lemon



## Method

- 1) Steam the cauliflower florets for about 8 mins until cooked to your taste.
- 2) Heat the oil in a frying pan over a low heat. Add the onion and sweat for about 8 minutes, until soft and golden, then stir in the ginger, chilli flakes, garlic and curry paste. Stir and fry for 2 minutes more.
- 3) Add the tinned tomatoes, chickpeas, cauliflower, tomato ketchup and enough water to just loosen to a thick sauce consistency. Simmer gently for about 15 minutes, then stir in the lemon juice. Taste and add salt and pepper if needed.
- 4) Serve in warmed bowls and scatter with coriander leaves if desired. Plain rice, quick-cook noodles, naan or flatbreads are all good accompaniments. Enjoy!

