

Spiced Cauliflower & Chickpea Masala

Season: Winter
Type: Starters
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: cauliflower, chilli, coriander,
garlic, ginger

Recipe Source: Stephanie Alexander's *Kitchen Garden Companion* (Penguin Lantern 2009)

This colourful dish can be served as part of an Indian-inspired meal with other side dishes,
or it could just as well be part of the accompaniments to a Western-style barbecue.

Equipment:

tea towel
kitchen knife
chopping board
tea towel
non-stick frying pan with lid
wooden spoon
tongs

Ingredients:

small piece ginger
3 garlic cloves
1 onion
800 g cauliflower
1/2 cup peanut or vegetable oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1/2 teaspoon ground turmeric
2 long green chillies
440 g can chickpeas
440 g tinned chopped tomatoes
1/2 teaspoon salt
handful of coriander sprigs, to serve



What to do:

- Finely chop the ginger and garlic, halve and thinly slice the onion and chop the cauliflower into florets.
- Heat the peanut oil in a large non-stick frying pan over medium heat. Add mustard seeds and wait a few seconds until they start to pop.
- Add ginger, garlic, cumin, turmeric and onion and stir with the wooden spoon until the onion is well softened (about 8 minutes).
- Add the cauliflower and turn with tongs until every piece is well coated with the spice mixture.
- Slice the chilli in half length-ways and scrape the seeds out then slice finely.
- Add the chickpeas, tomatoes, chilli and salt to the pan. Stir to mix, then cover with the lid.
- Cook for 8-10 minutes, stirring once or twice until cauliflower is just tender.
- Serve scattered with coriander sprigs.