



## Cauliflower Coconut Curry

### Ingredients

- 400 g large cauliflower, cut into small florets
- 125 g Cashew Nuts
- 4 tablespoons Kerelan Curry Paste
- 1 Onion
- 1 Garlic
- 400 g tomatoes, cut into small cubes
- 235 g Tinned green lentils, (drained weight)
- 1 bunch Leaves Coriander
- 35 g Maggi Coconut Milk Powder
- 200 mg low salt vegetable stock
- 260 g Rice, white, medium-grain, raw, enriched

### Instructions

1. Heat oil in a pan and fry the garlic and onion. Fry the tomato cubes briefly.
2. Reduce the heat to low. Prepare the coconut milk by adding the powder to 200ml boiling water. Pour over the curry and bring to the boil, stirring all the time. Add the lentils and a further 200ml vegetable stock and stir well.
3. Add the cauliflower florets and cook on a low heat for another 10 minutes.
4. Sprinkle the coriander together with the cashew nuts over the curry. Serve together with the rice.

### Nutrition

|                     |             |
|---------------------|-------------|
| Carbohydrate        | 83.31 g     |
| Energy              | 599.72 kcal |
| Fat                 | 22.15 g     |
| Fibre               | 9.72 g      |
| Protein             | 17.73 g     |
| of which: saturates | 8.44 g      |
| Sodium              | 124.85 mg   |
| of which: sugars    | 9.11 g      |

30 Minutes

4 portions