



SPICY CAULIFLOWER MEDLEY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 2 tbsp coconut oil
- 1 tsp cumin seeds
- 1 onion, finely diced
- 1 tbsp ginger, grated fresh or paste
- 1 head cauliflower, broken into bite size florets
- 1 long green chilli, deseeded and finely diced
- 1 large double handful spinach leaves
- 2 stalks celery, finely sliced
- 2 large tomatoes, finely diced
- 1 tsp cumin powder
- 1 tbsp coriander powder
- 1 tbsp tumeric powder
- 2 tbsp fresh coriander, chopped
- 2 cups unsweetened coconut milk
- 1 tsp pink salt
- 4 shakes black pepper

METHOD

- In medium saucepan, heat coconut oil to medium heat.
- Add cumin seeds and stir until they 'pop'.
- Add onions and ginger and cook 2 minutes, then add tomatoes and stir while cooking 3-5 minutes.
- Add all other ingredients and mix well.
- Simmer gently with lid on pot for 15 minutes, stirring often to prevent sticking to base.
- Serve as a main dish, or as a side dish with fish or chicken of choice.