



## SLOW COOKER CAULIFLOWER AND POTATO CURRY

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten

**Prep time:** 20 mins

**Cook time:** 10 mins **THEN** 8 hours slow cooker

**Serves:** 6

### **INGREDIENTS**

- 2 large onions
- 4 cloves garlic
- 90g almond meal
- 2 tsp ground coriander
- 2 tsp ground tumeric
- 1 tsp ground cumin
- 1 tsp pink rock salt
- 1/4 cup olive oil
- 1 cup natural coconut yoghurt
- 300mls water
- 2 vegetable stock cubes
- 1 small cauliflower (about 600g cut into big florets)
- 800g potatoes, peeled and quartered
- Juice of 1 lime, or 5 finger limes
- 1/2 cup mango chutney
- Yoghurt and coriander to garnish

### **METHOD**

- In a food processor, add onions, garlic, almond meal, coriander, tumeric, cumin, salt and half the oil and blend until it forms a paste.
- Heat a heavy based pan to medium high and add the remaining oil.
- Once hot, add the spice paste, mix and cook for 4-5 minutes while stirring.
- Add the yoghurt, water and stock cubes and cook for 3 minutes.
- Stir in the lime (juice or finger lime pearls) cauliflower and potato and stir to coat. Pour into the slow cooker dish, and cook on Low for 7 hours.
- Stir in the mango chutney and cook another 1 hour.
- Serve hot, with chicken, or on its own with a dollop of coconut yoghurt, and a sprinkle of freshly chopped coriander.

