Dinner

Cauliflower curry with paneer and chickpeas

Turmeric-roasted cauliflower florets crown a bubbling pan of sweet potato, red pepper, chickpeas and paneer in a lightly spiced sauce. A swirl of yoghurt stirred through at the end keeps everything mellow and creamy.



Freezer safe

50 min	352	38.9 g	14.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp oil
- [ ] 500 g cauliflower, in small florets
- [ ] 2 tsp turmeric
- [ ] 2 onions, chopped
- [ ] 1 large sweet potato, cubed (300g)
- [ ] 1 red pepper, chopped
- [ ] 3 cloves garlic, crushed
- [ ] 1 tsp ground cumin
- [ ] 1 tbsp medium curry powder paste
- [ ] 1 low-salt vegetable stock cube, dissolved in 400ml water
- [ ] 100 g paneer
- [ ] 240 g chickpeas, drained
- [ ] 80 g frozen peas, defrosted
- [ ] 2 tbsp 0% fat yoghurt

Method

- [ ] **1** Heat the oven to 180°C, gas mark 4, and brush a baking sheet with 1 tsp of the oil.
- [ ] **2** Rinse the cauliflower florets in cold water and shake off the excess, then toss them in a bowl with the turmeric until evenly coated. Spread them on the baking sheet and roast for 20 minutes, until the edges begin to char, then set aside.
- [ ] **3** Meanwhile, warm the remaining 1 tsp of oil in a pan and soften the onions for 3-4 minutes, taking care not to let them brown.
- [ ] **4** Stir in the sweet potato, red pepper, crushed garlic, ground cumin and the medium curry powder paste, and cook for 2-3 minutes more, stirring often.
- [ ] **5** Pour in the stock made with the low-salt vegetable stock cube dissolved in 400ml water, stir well, cover the pan and simmer for 8-10 minutes, until the sweet potato is almost tender.
- [ ] **6** Add the paneer, chickpeas and defrosted frozen peas, then boil uncovered for 5-6 minutes. Stir in the 0% fat yoghurt and serve with the roasted cauliflower piled on top.

Nutrition Facts

Per serving

Calories	**352**
Total fat	11.3 g
Saturated fat	4.4 g
Sodium	Not listed
Total carbs	38.9 g
Fiber	12.5 g
Total sugars	14.8 g
Protein	17.3 g

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