

Spiced Cauliflower

Serves 4

Time: 30 mins

Ingredients:

2tbsp ghee or vegetable oil or coconut oil

2tsp chilli powder

2tsp ground cumin

2tsp ground coriander

2tsp turmeric

2tsp ground black pepper

1 cauliflower, broken into small florets

25g/1 oz tamarind paste (optional)

250ml/9fl oz boiling water

1 tbs vinegar

salt

Method:

1. Heat a frying pan over a medium heat and add the ghee (or oil if using). Add the spices and fry for 2-3 minutes, or until fragrant. Add the cauliflower and stir to coat the florets with the spice mixture.

2. Stir the tamarind paste (if using) into the boiling water. Add the tamarind-water mixture to the pan with the cauliflower and stir in the vinegar. Season to taste with salt. Bring the pan to the boil, then reduce the heat and simmer for 5-6 minutes, or until the cauliflower is tender.