



Cauliflower and Cashew Curry

Serves 4

The combination of vegetables in this curry can be varied according to season and taste. Serve with brown rice or Indian bread.

Ingredients:

2 tablespoons NUTTELEX
2 onions, sliced
2 teaspoons ground coriander
1 teaspoon turmeric
1 teaspoon medium hot curry powder
freshly ground pepper to taste
2 teaspoons chopped fresh ginger
2 cloves garlic, crushed
2 medium potatoes, peeled and cut in cubes
1 medium carrot, peeled and sliced
1/2 green capsicum, sliced
1/2 small cauliflower, broken into florets
1 1/4 cups vegetable stock (or water)
3 tablespoons roasted cashew nuts
1/2 cup natural yoghurt
2 tablespoons fresh coriander, chopped

Method:

1. Heat NUTTELEX in a large frypan. Add onions and cook over moderate heat until soft but not brown.
2. Add spices, ginger and garlic and cook for 1-2 minutes, stirring well.
3. Mix through vegetables, add stock or water. Cover and simmer for 15-20 minutes or until vegetables are tender.
4. Stir in cashew nuts and yoghurt. Do not boil.
5. Garnish with chopped fresh coriander and serve.

Grate fresh ginger with skin on for speed, flavour and fibre.