



Cauliflower, Potato and Pea Curry

Prep time: 10 Minutes Cook time: 20 Minutes Serves 4

This meatless main offers a tasty alternative. This recipe is full of filling fibre bosting veggies, keeping you fuller for longer and supporting your 5 a day!

Ingredients:

Low calorie cooking spray
1 tablespoon ground coriander
1 ½ teaspoons ground cumin
1 tablespoon of curry powder
½ teaspoon turmeric
¼ teaspoon chilli flakes
1 medium cauliflower, cut into large florets
500g boiling potatoes, peeled and cut into 1 ½ inch pieces
1 cup of chopped tomatoes
½ cup of water
1 teaspoon salt
1 cup peas



Method:

1. In a large frying pan, spray the calorie cooking spray to coat the pan and place over a medium heat. Add the coriander, cumin, turmeric, chilli flakes and curry powder.
2. Add the cauliflower and potatoes and cook for around 5 minutes, stirring frequently until the vegetables start to soften.
3. Add the tomatoes, the water and the salt. Bring to a simmer and the reduce the heat to low and cover with a lid. Cook for around 15 minutes and stir in the peas and cook further until the peas are tender.
4. Then serve!!

Helpful tips:

- Serve with rice or bread such as chapattis/ nans.
- It can be frozen for later date which is great for batch cooking. The food product needs to be fully cooled and using a suitable bag or container for freezing.
- It can be refrigerated in an airtight container for up to 3 days. This will allow the flavour to develop even further - so saving it makes it even tastier!!