

Cooking on a budget

Main: Cauliflower curry recipe with dry cabbage, carrot and coconut side. Cost: 1.98, 99p per person

This cauliflower curry recipe is a great veggie dish and so easy to cook! Serve with rice, nan bread and the cabbage side dish for a tasty meal.

Ingredients.

Serves 2

- ½ large head of cauliflower
- 1tbsp sunflower oil
- 1 onions, peeled and chopped
- 1tbsp of curry powder
- 1 tsp turmeric
- ½ tin of chickpeas, drained
- ½ tin of coconut milk
- 150ml vegetable stock
- ½ bag of spinach leaves



Method

1. Cut the florets off the cauliflower and par-boil them for 3-5mins. Drain and set aside.
2. Heat the oil in in a large, deep frying pan and fry the onions for a few minutes until translucent and tender. Add the curry powder, turmeric and chickpeas and fry for a further 2 mins.
3. Pour over the coconut milk and stock and bring to the boil. Return the cauliflower florets and simmer for 10-15 mins. Just before serving, stir through the bag of spinach, which will wilt instantly.



Allergens:

Curry powder – mustard

Vegetable stock – soya, milk, celery

Coconut – tree nut

Dry cabbage, carrot and coconut side dish. Cost – £2.69, £1.35 per serving

Serves 2

- 1 1/2 tbsp coconut oil
 - 1 tsp black mustard seeds
 - 1 tbsp curry leaves
 - 1/2 tsp cumin seeds
 - 1-2 chillies depending on how hot you like your curry
 - 15g/3cm ginger grated into a paste
 - ¼ tsp salt
 - ½ tsp ground black pepper
 - 125g pointed cabbage, shredded
 - 1 carrot, finely diced
 - 50g coconut – fresh is best but desiccated coconut works too
1. Heat the oil in a large saucepan over a medium heat and when hot add the mustard seeds followed by the curry leaves, cumin seeds and chilies. Stir for 30 seconds then add the ginger, turmeric, salt and black pepper for 30 seconds.
 2. Stir in the cabbage and carrots and cook, covered, over a medium heat for 5-7 minutes or until the vegetables are tender, adding a splash of water if they start to stick to the pan.
 3. Stir in the coconut and heat through for a minute and serve.



Allergen:

Coconut oil – tree nut

Mustard seeds – mustard. May contain peanuts, nuts, sesame, soya, gluten, lactose and mustard

Coconut desiccated - tree nut , Sulphur Dioxide