



## Cauliflower Curry: Made With Love And Bursting With Indian Spices

Watch the YouTube demo via the link on the blog post.

There's something incredibly comforting about a warm bowl of curry, especially when it's packed with healthy, nourishing ingredients and bold flavors. I was first introduced to the magic of Indian spices by a friend, and it was a culinary awakening for me as I hadn't dabbled much with Indian cuisine.

This cauliflower curry is a celebration of those vibrant spices, harmoniously blended with the creamy richness of coconut milk. Each bite offers a delightful dance of flavors, from the earthy undertones of turmeric to the zesty kick of cumin, coriander and red chili paste.

This curry is served over quinoa instead of rice, for added protein and to be different. But of course, if you eat rice, you could serve it over a nice Basmati rice.

Not only is this dish a feast for the senses, but it also comes together effortlessly, making it the perfect healthy dinner option for those busy nights when you crave something both hearty and wholesome. I even served it at a dinner party and it was a hit!

Let's dive into a recipe that's as satisfying to prepare as it is to eat.

### Ingredients

2-¼ to 2-½ cup vegetable broth, divided  
1 onion (red or yellow) chopped  
1 zucchini, cut into rounds, then quartered  
2 garlic cloves, chopped  
3 TB cilantro, chopped (if using dried, use 2 TB)  
1 15 oz can diced tomatoes Uor 2 cups chopped fresh tomato)  
2 TB Red curry paste  
1" peeled ginger, grated  
½ tsp dried paprika  
3 TB curry powder blend (see cooks note #1)  
1 can chickpeas (aka garbanzo beans), drained and rinsed  
1 can light coconut milk (the whole can)  
3 cups kale (or spinach), chopped  
1 head medium cauliflower, cut into bite size pieces and lightly steamed  
1 cup water (as needed)

1 cup quinoa

### Procedure

1. Cook 1 cup of quinoa in 2 cups of vegetable broth. Combine the vegetable broth and quinoa in a small pot and stir it well. Bring to a boil over high heat, then turn the heat to medium and simmer about 15 minutes or until the broth is absorbed.
2. Cut the cauliflower into bite size pieces. Steam it on the stove or in the microwave and set aside. If on the stove, you'll steam it for about 7 minutes. If your cauliflower crown is larger than medium, you may need to steam 10 minutes. Set aside.
3. Wash the cilantro and chop it into small pieces. Set aside.
4. Peel the ginger: I use a spoon, drag it across the exterior of the ginger (to remove the skin). Then, using a micro planer (or zester), zest the ginger and set aside.
5. Chop the garlic and set aside.
6. Slice then quarter the zucchini and set aside.
7. In an extra large 2" deep fry pan, add ¼ vegetable broth to a fry pan and sauté the onion till limp about 5-7 minutes. Add the garlic, and cilantro and cook another 2 minutes.
8. Add the zucchini to pan. Stir well, cover and simmer over medium low heat about 15 minutes or until you can easily insert a fork into them. If the sauce seems a bit dry, add the other ¼ cup of veggie broth.
9. Add the tomatoes and all of their juice to the pan. Then add the red curry paste, grated ginger, paprika, curry powder and stir well.
10. Add chickpeas to the pan. Stir well, then add the coconut milk. Bring to a simmer over medium-low heat (about 2-3 minutes). When it's starting to bubble a bit, add the kale (or spinach) and put a lid on the pan till the kale/spinach is limp, about 5-7 minutes (it will shrink significantly).
11. Add the steamed cauliflower to the pan. Make sure it's well coated with the sauce. Simmer about 5 more minutes till the Cauliflower is heated through and you are ready to serve!
12. Put a some cooked quinoa in a bowl and add the curry over the quinoa. ENJOY!

This spicy dish is delicious anytime, but I love it best in fall and winter when the temperatures outside drop.

This recipe serves 4-6 people.

Cooks Note #1: I've tried several brands of curry seasonings and my favorite is the one I purchase at Natural Grocers (see the pic in this post). If you've got a Natural Grocers nearby, I recommend you try their curry seasonings. Yummy!

Bon Appetit!