

Spiced Cauliflower and Chickpea Masala

Ingredients

Small piece of ginger

3 garlic cloves

1 onion

800g cauliflower

½ cup peanut or vegetable oil

1 tsp mustard seeds

1 tsp cumin seeds

½ tsp ground turmeric

2 long green chillies

440g can chickpeas

440g chopped tinned, frozen or fresh tomatoes

½ tsp salt

Handful of coriander sprigs

Method

Finely chop the ginger and garlic, halve and thinly slice the onion and chop the cauliflower into florets.

Heat the oil in a large frying pan over a medium heat. Add the mustard seeds and wait a few seconds until they start to pop.

Add the ginger, garlic, cumin, turmeric and onion and stir with a wooden spoon until the onion is well softened (about 8 mins).

Add the cauliflower and turn with tongs until every piece is well coated with the spice mixture.

Slice the chillies in half length-ways and scrape the seeds out, then slice finely.

Add the chickpeas, tomatoes, chilli and salt to the pan. Stir to mix, then cover with the lid.

Cook for 8-10 minutes, stirring once or twice until cauliflower is just tender.

Serve scattered with coriander sprigs.