

JALFREZI (serves 6 portions)

2 **red chillies**
1 tsp **cumin seeds**
2 large **onions**
1 **green chilli**

thumb **ginger**
4 **garlic cloves**

½ tsp **turmeric**
1 tsp **smoked paprika**
2 tsp **paprika**
1.5 tbsp **coriander**
½-1 tsp **cayenne pepper**

2 tins **tomatoes**

1 tbsp **puree**

1.5 dsp **apple cider vinegar**
1 tbsp **tamari**
1 tsp **sweetner** (eg agave syrup)

1 tsp **cumin seeds**
florets from a small **cauliflower**

2 large **carrots** (cut into thin strips +/- 50 mm)
150 g **green beans** (cut into thin strips +/- 50 mm)
1 **red pepper** (cut into thin strips +/- 50 mm)
½ cup **peas**
400 g **mushrooms**
200 g **cabbage** (shredded, discard woody stems)

1 cup **chickpeas** (soaked overnight and pressure cooked for 20 minutes, saving the **aguafaba**)

1 tsp **turmeric**
2 tsp **paprika**
½ tsp **garam masala**
pinch of **dried mango powder** and **asafoetida**
1.5 tsps **fenugreek leaves**

pinch of **fenugreek leaves**
15 g **fresh coriander leaves** (per serving)

basmati rice (soaked for 2 hrs beforehand and pressure cooked 2 mins)

Sauté the **red chilli**, **cumin seeds**, **onions** and **green chilli**, stir well & cook until the onions turn golden brown.

Add **ginger** and **garlic** and cook for 1-2 minutes.

Add all the **spices** along with **aguafaba** to make into a paste, stir well and cook for 2-3 minutes.

Add **tomatoes** and **tomato puree**, and cook until the masala thickens up.

Add the **apple cider vinegar**, **tamari** and **sweetner**, mix in well then transfer to a bowl.

Sauté the **cumin seeds** and **cauliflower** along with a splash of hot water, cover and cook for 2-3 minutes.

Remove the lid and add **carrot**, **green beans**, **cabbage** and **mushrooms**, stir well until still crisp but nearly cooked.

Add the **chickpeas**.

Add the next group of **spices** and stir well for 2 minutes.

Add the **masala**.

Cook for 2-3 minutes, then add the **fenugreek** and **fresh coriander**, stir well.

Serve with **basmati rice**.