

CAULIFLOWER CURRY (makes 6 portions)

cashew cream (see recipe below)

4 **potatoes**

small cauliflower

300 g **brussels sprouts**

400 g **mushrooms**

1 tsp **paprika**

¼ tsp **chilli powder**

2 tsp **turmeric powder**

1 **bay leaf**

1 tsp **cumin**

1 tsp **coriander**

1 tsp **garam masala** (split open)

2 green **cardamom**

½ inch stick of **cinnamon** or **cassia bark**

2 **cloves**

½ tsp **fenugreek leaves**

1 dsp **tamari**

2 **onions**

1 **chilli**

thumb **ginger**

4 **garlic cloves**

2 tbsp **puree**

2 tins **tomatoes**

1 cup **red lentils**

1 cup **basmati rice**

¼ cup **pearl barley**

180 g **curly kale**

½ cup **peas**

Prepare the **cashew cream**.

Boil the **potatoes** (+/-) 6 mins), drain and save to a large bowl.

Using the same water then steam the **cauliflower** and **brussels sprouts** (+/- 7 mins). Drain and save the stock.

Sweat the **mushrooms** (without oil) until soft, then add to the bowl of veg.

On the lowest heat sauté the **spices** in plenty of oil for 10 mins, then add the **tamari**.

Add the **onion** and **chillies**. Cook until the onion starts to become golden, then add the **garlic** and **ginger**. Cook for a further 2-3 mins. Add to the bowl.

Still on the lowest heat pour the **cashew cream** into the wok and sauté until it starts to bubble, then add the **puree** and mix thoroughly, followed by the **tomatoes**, until they start to bubble.

Add the **red lentil**, **basmati rice** and **pearl barley**, mixing in well.

Add the **curly kale** and **peas**, mixing in well, followed by the steamed **vegetables**. Cover and simmer on low heat until the rice is cooked (about 30 mins), stirring regularly and topping up with the vegetable stock as necessary.

cashew cream

1/4-1/3 cup **coconut milk powder**

3/4 cup **cashews** (soaked overnight, then drained)

1.5 tbsp **oil**

1.5 dsp **apple cider vinegar**

1.5 tbsp **lemon juice**

1 tsp **mustard**

200 ml **water**

Blend everything together.