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 f**enugreek 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

¼ cup **coconut milk powder**
3/4 cup **cashews** (soaked overnight, then drained)
1.5 tbsp **oil**
1.5 dsp **apple cider vinegar**
1.5 dsp **lemon juice**
1 tsp **mustard**
1 tsp **sweetner** (eg agave syrup)
water

Blend everything together.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#cauliflower-curry