

January

MILD CAULIFLOWER CURRY

Kickstart the new year with a popular January Vegetable.

Enjoy a mildly spicy dinner featuring a vegetable that shines with deliciousness in January



When it comes to nutrition cauliflower is a superstar, rich in many vitamins and minerals and fibre.

RECIPE INGREDIENTS

Serves 4

- 1 tablespoon Vegetable oil (Rapeseed or Olive) (10mls)
- 1 small onion, chopped
- 4 Cloves Garlic, minced
- 3 tablespoons Mild Curry Powder
- 2 teaspoons Cinnamon Powder
- 1 tablespoon Fresh Ginger, minced (1 inch piece of ginger)
- 1 large Can Chopped Tomatoes
- 1 large cauliflower head, cut into florets (900g)
- 1 can chickpeas, drained
- 1 can Coconut Milk (low fat if possible) (400g)

COOKING INSTRUCTION AND NOTES

1. Heat the oil in a pan and fry the onion until soft. Stir in garlic and cook for 1 minute.
2. Add curry powder, cinnamon, ginger, chopped tomatoes and stir.
3. Increase the heat to high and stir in coconut milk, then reduce the heat and simmer for 5 minutes, until thickened.
4. Blend the liquid directly in the pot or in a blender until smooth, then return to pot.
5. Add the cauliflower and chickpeas and simmer for 15 minutes until cauliflower soft.

For children under 1 year of age: For infants requiring pureed or mashed texture the curry can be blended or fork mashed.

Serving Suggestions: Serve with brown or white rice or wholemeal pitta breads.

Tips: Other vegetables such as cooked carrots, courgettes, peppers, or broccoli can be added into the sauce.

Food Labelling and Allergen Information

EU Label values per 100g

	PER 100G	%RI	PER 435G SERVING	%RI
Energy(Kj)	307 kJ	4%	1337 kJ	16%
Energy(kcal)	74 kcal	4%	320 kcal	16%
Fat	2.9 g	4%	13 g	19%
<i>of which saturates</i>	1.5 g	8%	6.4 g	32%
Carbohydrate	7.8 g	3%	34 g	13%
<i>of which sugars</i>	3 g	3%	13 g	14%
Fibre	2.8 g	11%	12 g	48%
Protein	3 g	6%	13 g	26%
Salt	0.05 g	1%	0.21 g	4%