ROASTED BOMBAY CAULIFLOWER

INGREDIENTS

300g fresh or frozen cauliflower florets

1 onion – sliced thickly

2 teaspoons vegetable oil

1 teaspoon lemon juice

2 teaspoons garam masala or curry powder

½ teaspoon turmeric

½ teaspoon mixed herbs

black pepper

EQUIPMENT

chopping board, sharp knife,

large microwavable bowl, plate or clingfilm

measuring jug, teaspoon, wooden spoon,

baking tray

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 25-30 minutes

ALLERGENS: no known allergens

METHOD

1 Preheat the oven to 180°C/Gas 4.

2 Place the cauliflower and onion into a large microwave bowl. Add 3 teaspoons of water and cover with cling film (or a plate). Cook in the microwave for 3 minutes until soften (or defrost, if using frozen) the cauliflower slightly. Once cooked set aside to cool for 2 minutes, then drain off the water.

3 In a jug whisk the oil, lemon juice, spices and herbs together, then pour over the vegetables and gently mix to ensure everything is coated.

4 Transfer the mixture to a baking and place in the oven for 25-30 minutes until the cauliflower is crispy and golden brown in colour.

5 Serve the roasted cauliflower with some oven baked rice and our easy curry sauce, or as a side dish.

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