

make
your
own...



Green Lentil and Cauliflower Masala

Ingredients

Serves 4

80g Tikka masala curry paste
400g Green lentils
400g Tinned coconut milk
400g Cauliflower
100g Sliced peppers
200g Chopped tomatoes
200g Diced sweet potato
400g Baby potatoes
30ml Vegetable oil
10g Cumin powder
10g Fresh coriander

Method

- Coat the potatoes in the oil, salt and cumin powder and roast at 180 degrees for 25 to 30 minutes or until cooked
- Wash the lentils and then boil for 15 minutes, and drain
- Cut cauliflower into bite sized pieces and boil for 5 minutes. Drain, cover in cold water until cooled and drain again. Put to one side
- Fry the Tikka Masala paste, sliced peppers and onions for 2 minutes until fragrant and remove from the heat
- Add the cauliflower florets, the coconut milk and a sprinkle of salt
- Bring to the boil then simmer for 10 minutes
- Add the cooked lentils, return to the boil and serve
- Sprinkle the potatoes with chopped coriander to serve with the curry



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