



Spice Baked Cauliflower with Tomato Sauce

Cauliflower is incredibly versatile & I'm always thinking of new ways to cook it. This one is a winner!

Serves 4

1 large cauliflower

400g new potatoes

1. Boil the potatoes for 10mins, drain and allow to cool enough to handle. Then cut into bite size pieces if necessary.
2. Cut the cauliflower into large florets and steam for 3 minutes to par cook.

Spice Marinade

4 tbsp olive oil

1 tsp ground turmeric

3 tsp ground cumin

1 tsp ground cinnamon

1 tsp salt

3 cloves garlic, roughly chopped

10g coriander leaves & stems, chopped

5g mint leaves, chopped

1. Heat the oven to 200C/400F/Gas6
2. In a mortar & pestle or spice grinder, grind the salt & garlic together until you have a smooth paste. Add the spices, stir well and mix in enough olive oil to make a paste.
3. Put the cauliflower and potatoes into a roasting tin, dot over the spice paste and use your hands to mix everything together well. Try and get some of the paste down into the cauliflower florets and a good covering over the potatoes. Spread out into a layer and put into the oven for 30 minutes.

Sauce

2 tins of chopped tomatoes

1 tbsp oil

1 large onion, chopped

2 fat cloves garlic, skinned but left whole

1 tsp turmeric

1 tsp cumin seed

1 tsp ground ginger

2 tsp soft brown sugar

1. Heat the oil in a deep pan, add the onion and garlic and fry gently to soften and begin to colour the onion.
2. Add the spices, mix, then add the tinned tomatoes and brown sugar. Stir everything together and simmer without a lid for 20 minutes.
3. Puree with a hand blender or liquidiser, taste for seasoning and keep warm.
4. When the cauliflower and potatoes have cooked, remove from the oven. To serve, divide onto plates and spoon over some of the sauce.



Hints, Tips and Adaptations

Gluten free, dairy free, vegan/vegetarian

Re-heat in the microwave.

Try this with broccoli, but don't cook as long.

Use the sauce with chicken, pasta or fish