

### Coconut Dhal with Cauliflower

This is a delicious dhal, great served with cauliflower, broccoli, or other vegetables!

200g cauliflower  
100g green or yellow split peas  
1 onion – chopped  
1 clove garlic – chopped  
2 tsp grated root ginger  
1 tsp ground turmeric  
2 tbsp chopped coriander  
1 can coconut milk  
Salt & pepper



1. Put the peas, onion, garlic, ginger, turmeric and coconut milk into a heavy based pan with a lid. Bring to the boil and simmer for 20 – 40min, or until the peas are soft. Add a little water if the mixture becomes dry.
2. Season and stir through the coriander.
3. Serve with steamed cauliflower and rice.

### *Hints, Tips and Variations*

*Wheat, dairy & gluten free*

*Dhal can be frozen, reheat in a microwave.*

*Use a mixture of cauliflower and broccoli, broccoli on its own or a selection of roasted vegetables.*

*Stir in fresh spinach or chopped parsley if you don't like coriander.*