

Vegetable Curry (vegetarian)

The truth is, I do not really like cauliflower that much (I'm probably not the only one), but this is a really nice way how to make it taste wonderful.

Preparation time: **40 min** + Cooking time: **1h 10 min** = **Total time: 1h 50 min**

- 1 cauliflower, small (~500g)
- 450g potatoes
- 400g carrots
- 200g peas, frozen
- 250g cherry-tomatoes, halved
- 2 onions, medium sized
- 2 cm ginger, grated
- 1 chili
- 4 tb. olive oil
- 1 ts. fennel seeds
- 1 ts. mustard seeds (yellow)
- 1 ts. fenugreek seeds
- 1 ts. black cumin (seeds)
- 2 ½ ts. curcuma (ground)
- 1 ½ ts. cumin (ground)
- 2 ts. paprika powder (sweet)
- 180g yoghurt, plus more for garnishing
- salt
- Garam Masala
- 250 ml water



Simple Steps to Succeed

1. Wash the cauliflower, cut it into little florets.
2. Peel the potatoes and the carrots, cut it into little cubes (1cm)
3. Peel the onions, cut it into fine strips.
4. Use a pestle and mortar to crush the fennel seeds, mustard seeds, fenugreek and black cumin.
5. Add curcuma, cumin, paprika powder and chili.
6. Use 3 tb. of olive oil to lightly fry the onions in a big pan.
7. Add the spice mixture, stir, take the pan off the plate (the paprika shouldn't get too hot, because otherwise the sugar will caramelize and make it taste bitter)
8. Put the onions (with the spice mixture) in a bowl.
9. Use 2 tb. of olive oil to brown potatoes and carrots in the same pan.

10. Add the cauliflower, peas and the onions (with the spice mixture), then add water and some salt. Let it cook until the vegetable are *al dente* (it takes around 50min of cooking, depending on the size of the vegetables)
11. Add yoghurt and tomatoes, let it warm up and cook for 5 minutes.
12. Season with salt.
13. Garnish the plates with yoghurt, chopped coriander leaves and Garam Masala.

The dish tastes great with rice.