

# Mango Cauliflower Curry

Serves 4, generously



## Ingredients

Unrefined (cold-pressed) rapeseed oil - enough to cover the base of the pan  
1 onion, finely chopped  
2 or 3 cloves garlic, finely chopped or crushed  
2-3cm piece of fresh ginger, peeled and finely chopped  
1 heaped tablespoon good quality mild curry powder  
1 heaped teaspoon turmeric  
1 small cauliflower, chopped into mini florettes  
100g red split lentils, rinsed  
10 new potatoes, roughly diced  
Large handful of fresh spinach  
150g green beans, chopped into bite-sized pieces  
150g good quality mango chutney  
1 x 400g tin of chickpeas, drained and rinsed  
500g passata  
1 heaped tablespoon tomato puree  
Pinch of sea salt  
Few grinds of black pepper

Leave the lid on at each stage when you are cooking this dish, the steam helps the vegetables cook nicely and more efficiently.

Put the rapeseed oil in a heavy-bottomed pan on a gentle heat and add the onions, garlic and ginger followed by the salt and pepper. Stir and let cook until soft but not browned. This takes about 10 minutes. If the onions start to stick, turn down the heat and add a splash of water.

Add the curry powder and turmeric to the pan with a splash of water. Mix together and stir for a couple of minutes to create a paste.

Put the cauliflower and lentils into the pan and mix everything together. Add cold water to just cover the vegetables. Bring to the boil then simmer for about 10 minutes.

Now add the new potatoes and continue to cook until the cauliflower, lentils and new potatoes are soft. This takes about 20 minutes but cooking times can vary so keep a close eye on the pan and taste as you go. If necessary, add more water to keep the potatoes covered. Stir occasionally.

Add the spinach and green beans, stir and simmer for about 5-10 minutes until the beans are tender.

Stir the mango chutney and chickpeas into the pan followed by the passata and tomato puree. Leave to simmer with the lid off for a few minutes.

When the sauce feels satisfyingly rich, take off the heat. Taste and adjust seasoning if necessary.

**TWO  
TEASPOONS**  
COOKERY

