

Less than 45 minutes

Serves 4

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Ingredients:

- 2 heads (about 300g each) cauliflower
- 1/2 cup olive oil
- 1 tsp (5ml) each coriander seeds, cumin seeds and mustard seeds, crushed
- Salt and milled pepper

Sauce:

- 1 can (400g) coconut milk
- 1 sachet (100g) butter chicken paste
- 1 Tbsp (15ml) tomato paste
- 1 Tbsp (15ml) ground turmeric
- Juice (60ml) of 1 lemon

For serving:

- 1/2 packet (50g) almond flakes, toasted
- 1/4 cup (60ml) cranberries
- Handful coconut flakes, toasted (optional)
- Grated peel of 1 lemon
- Handful chopped mint and parsley
- Toasted mini pitas

Method:

1. Preheat oven to 200°C.
2. Place whole cauliflowers in a deep roasting pan, drizzle with oil, and sprinkle over crushed seeds. Season.
3. Roast for 20 minutes or until brown on top.
4. Combine sauce ingredients and pour around cauliflower.
5. Return to oven for 10-12 minutes.
6. Combine nuts, dried fruit, coconut flakes, lemon peel and herbs.

7. Scatter over cauliflower and serve with pitas on the side.