



Cauliflower and Potato Curry

List of ingredients

Feeds 4 people.

- 1 tablespoon oil
- 1 teaspoon crushed garlic
- 1 teaspoon fresh ginger, chopped
- 2 medium-sized potatoes, washed and cubed
- 2 teaspoons curry powder
- ½ cup tomato puree
- 450g cauliflower, cut in florets
- Salt and pepper

Tip: Add other vegetables to this mix if desired.

How to cook the dish

1. Heat a large pan and add oil. Add the garlic and ginger and cook for about a minute.
2. Add the potatoes and curry powder. Cover and cook for 5- 7 minutes stirring.
3. Mix in the tomato puree and cauliflower. Reduce heat to low and cover.
4. Continue to cook for 10 minutes until cauliflower and potatoes are tender.
5. Taste and add salt and pepper.