**Spiced Coconut Cauliflower in red lentil tomato curry**

Ingredients

#### **SPICE BLEND**

* ¾ teaspoon ground turmeric
* 1 teaspoon ground cumin
* ½ teaspoon ground chillies
* ½ teaspoon ground coriander
* ¼ teaspoon ground cinnamon
* ¼ teaspoon ground fenugreek
* ¼ teaspoon fennel seeds

#### **CAULIFLOWER & COCONUT TOMATO SAUCE**

* 1 medium head of cauliflower cut into florets (about 6-7 cups florets)
* 4 tablespoons olive oil
* sea salt and ground black pepper, to taste
* spice blend (see above)
* 1 large shallot fine dice (about ½ cup diced shallot)
* 2-inch piece fresh ginger, peeled and minced
* 3 cloves garlic, peeled and minced.
* ½ cup split red lentils
* 1 tin crushed tomatoes
* 1 cup coconut milk
* 2 cups water or vegetable stock
* 1 lime, 1 tablespoon lime juice, reserve any excess for serving. Plus zest.
* handful chopped coriander and 1 tsp nigella seeds, for serving.

**Method**

* ***HOT OVEN***…Preheat the oven to 220oC. Set out a large baking sheet.
* Make the spice blend. In a small bowl, combine the turmeric, cumin, ground chillies, coriander, cinnamon, fenugreek, and fennel seeds. Stir to combine and set aside.
* Break apart the cauliflower (using a knife for the larger pieces). Place all the cauliflower florets in a bowl. Drizzle with 2 tablespoons of the oil, half of the spice blend, and some salt and pepper. Toss to coat the florets in the oil in spices. Arrange the cauliflower in a single layer on a baking sheet and slide it into the oven. Roast the cauliflower until deeply caramelized, about 40 minutes, stirring and move the florets at the halfway point.
* While cauliflower is roasting, make the coconut tomato sauce. Heat the remaining oil in a large, deep wok or pot over medium heat. Once it’s hot, add the shallots. Sauté shallots until very soft and translucent, about 5-6 minutes. *If the edges start browning, lower the heat.*
* Add the remaining half of the spice blend, ginger, and garlic to the skillet and stir. Continue to sauté until very fragrant, about 1 minute. Add the split red lentils to the skillet and stir.
* Add the crushed tomatoes, coconut milk, and vegetable stock to the skillet and stir again. Bring this up to a boil and then simmer until the lentils are totally soft and starting to break up, about 25 minutes, stirring often. If the lentils seem to be sucking up too much liquid, just keep adding more splashes of water (or coconut milk if you want to go a bit richer).
* Once it's done, season generously with salt and pepper and add the lime juice. Once the cauliflower is cooked, remove it from the oven and add the cauliflower to the curry. Stir to combine over medium heat, bringing it up to a boil.
* Garnish with chopped coriander, nigella seeds, lime zest and extra lime juice.