



edinburgh
**FOOD
SOCIAL**

- 1 cauliflower
- 2 onions
- 4 cloves garlic
- 1 4cm piece of root ginger
- ½ tsp chilli powder
- 3 tps. garam masala
- 1 tin chick peas, drained
- 1 tin chopped tomatoes
- 1 handful chard or spinach
- Salt and pepper

Slice the onions and cook in a large saucepan with a little oil on a low heat for about 10 minutes until really soft but not coloured.

Finely chop the ginger and garlic (or whizz in a food processor) and add to the onions and cook for 5 more minutes.

Add the chilli powder and garam masala and cook out for a minute or two.

Add the chopped tomatoes, 200ml water and 1 tsp salt to the pan then chop the cauliflower into small florets and add this too.

Bring to the boil then turn the heat down to a simmer and cook for about 15 minutes until the cauliflower is tender.

Add the chick peas and the chard and cook for a few more minutes.

Check the seasoning and serve with a fresh chapatti.

Recipes for Rosyth

Cauliflower and chick pea curry.

This is a tasty dish great for using cauliflowers growing in the community garden now.

Serves 4

