Cauliflower, sweet potato & lentil curry

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Cauliflower, sweet potato & lentil curry

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Use this beautiful combination of spices and fresh ingredients to make a vegetarian curry for any season.

Ingredients (serves 6)

- 1 tsp fennel seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp ground turmeric
- 1 tsp Malaysian curry powder
- Sea salt and freshly ground black pepper
- 2 tbsp olive oil or rice bran oil
- 1 brown onion, finely chopped
- 4 large cloves garlic, finely chopped
- 1 long red chilli, seeded and finely chopped
- 2 tbsp tomato paste (puree)
- 2 × 400 g tins diced tomatoes
- 2 cups vegetable stock
- 750 g sweet potato, peeled and cut into 2 cm cubes
- ½ head cauliflower, broken into florets

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- 2 × 400 g tins brown lentils, drained and rinsed
- 1 cup cashews, toasted and coarsely chopped
- Steamed brown rice, to serve
- Natural yoghurt and coriander, to serve

Method

Place the fennel, coriander and cumin seeds in a non-stick frying pan over medium heat and cook, stirring, for one to two minutes or until fragrant. Transfer to a mortar, then add the turmeric, curry powder and a large pinch of salt and pepper and grind to a fine powder with the pestle.

Heat the oil in a large heavy-based saucepan over medium heat. Add the onion and a pinch of salt and cook, stirring often, for three to four minutes until softened.

Add the garlic and cook for three minutes, stirring frequently to avoid burning. Stir in the ground spice mixture and chilli and cook fo two to three minutes, then stir in the tomato paste, tomatoes and stock.

Add the sweet potato and bring to a boil over high heat. Reduce the heat to low, cover and simmer for 25 to 30 minutes or until the potato is just soft in the centre.

Add the cauliflower florets, stir and continue to cook for eight minutes, then add the lentils and cook just long enough to warm them through.

Season and serve piping hot with the cashews alongside, as well as steamed brown rice, natural yoghurt and coriander.

Recipe and images by [Katie Quinn Davies](#)

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