

Karahi Cauliflower with Potatoes & Paneer

recipe by Chef Sid Sahrawat

Gluten-free, vegetarian, refined-sugar free.

Serves 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

Extra virgin olive oil, for frying
1 tsp cumin seeds
Baby potatoes, cut in half & steamed
½ cauliflower, cut into florets
1 jar Cassia Karahi curry sauce
150g paneer
1 bunch coriander or micro herbs, chopped

Method:

In a pan, heat 1 Tbsp olive oil on medium heat. Add the cumin seeds. Add the steamed potatoes and saute until you see them start to colour. Add your cauliflower and cook for a further 5-7 minutes, or until cauliflower is cooked.

Add the jar of Karahi sauce and mix through the vegetables for 3-5 minutes.

Crumble over your paneer and garnish with coriander or micro herbs.

Serve with rice and naan if desired.

